

Unidos hablemos de...
United, Let's talk about...

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Thursday, January 6, 2022 • 4:30 PM Eastern Time

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Agenda:

- Welcome
- Epidemiologic: The Art of Combating Vaccine Information – Gilberto Lorenzo
- Asthma Myths and Home Remedies – Margie Lorenzi
- Q&A

This session will include:

- The COVIDLatino Project focused on providing critical and timely information to ease the burden of COVID-19 on the Latino communities through art
- Cultural beliefs about asthma associated with the influence and treatment behaviors among the Latino community.
- Families' knowledge of treatments for asthma influenced by traditional cultural beliefs and practices that influence or impact clinical treatments.
- Strategies to approach medical visits with greater knowledge and appreciation of cultural practices to complement clinical treatment

Objectives:

- Discuss how the COVIDLatino project impacts the Hispanic/ Latino community
- Describe traditional/cultural Hispanic beliefs about asthma
- Examine strategies of how to approach medical visits

Tonya Winders
AAN CEO and President
Moderator

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Meet our Guest Speakers

Gilberto Lopez
Assistant Professor
School of Transborder Studies
Arizona State University, Tempe, AZ

Margie Lorenzi, MS
Boston Children's Hospital
Boston MA

Pastor Dot Delarosa
Patient Advisor

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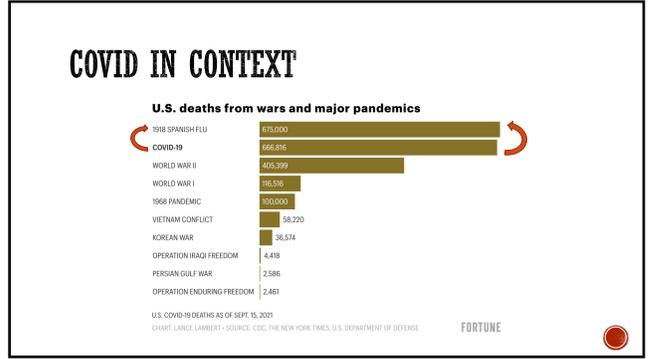


TOONDEMIC: THE ART OF COMBATTING VACCINE MISINFORMATION

Gilberto Lopez
Assistant Professor

ASU School of Transborder Studies
Arizona State University

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CHANGE IN LIFE EXPECTANCY

Overall, U.S. life expectancy dropped by

1.5 years.

U.S. Hispanic men lost an average

3.7 years off their lives in 2020.

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COVID-19 MORBIDITY & MORTALITY

700,000+ deaths due to COVID-19

Morbidity

- **Latinx**
 - 3x risk of infection
 - Increase ED visits
 - **Latinx (40-59yo) = 5x infection rate**

Mortality (per 100,000)

Black/AA = 106
Hispanic/Latino = 70
White = 47

28% of Latinx deaths = <60yo (vs 6% Whites)

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SOCIAL DETERMINANTS OF HEALTH (WHERE WE SLEEP, WORK, & PLAY MATTERS FOR OUR HEALTH)

- Healthcare access and utilization**
 - Immigration status (public charge)
 - Insurance
 - Knowledge of services/programs
- Occupation**
 - Latinx more likely to work in essential jobs compared to Whites (43% vs 28%)
 - Limited protections or work-from-home
- Housing**
 - Neighborhoods with higher rates of poverty
 - Crowded or multigenerational homes (2x likely vs Whites)

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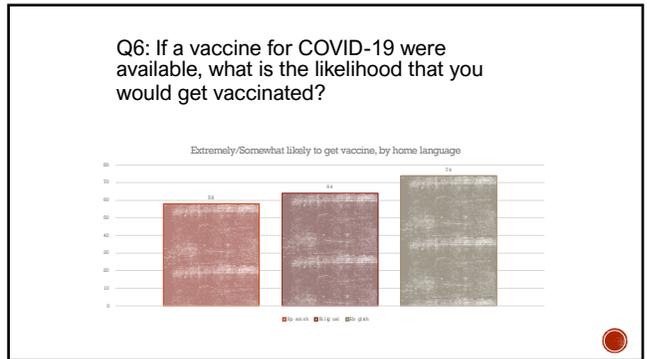
COVID-19 (MIS/DIS) INFORMATION

- Latinx not receiving same quality or quantity of COVID-19 information
- More likely to consume and share misinformation online

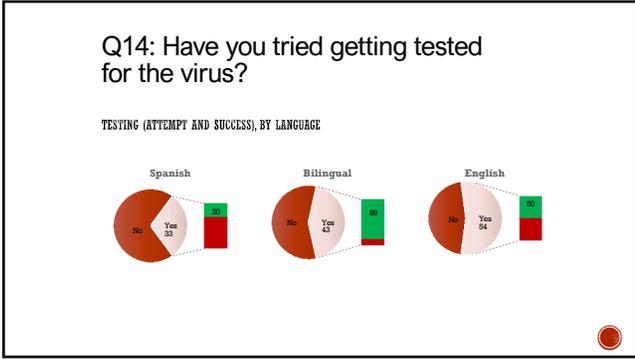
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Preliminary Findings

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WHAT'S NEW IN COVID-19 VACCINES

...this vaccine reaches your body already how to make a protein found on the surface of the COVID-19 virus. When your body detects this protein, it produces antibodies that help destroy the virus.

Lipids are fatty, oil-like particles that form a protective layer around the mRNA as they travel to your cells.

The Tris buffer is a saline (salt-water) solution that keeps the vaccine ingredients intact from when they are made, to when they are shipped, and given to people.

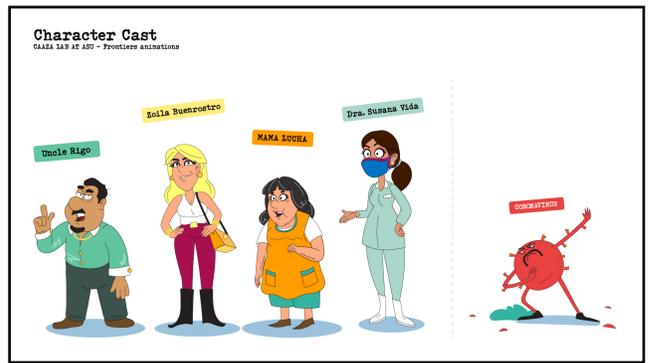
mRNA
Tris buffer
Lipids

LA PFIZER

LAUNCHED APRIL 20, 2021

DO VACCINES CAUSE INFERTILITY? THEY DON'T.

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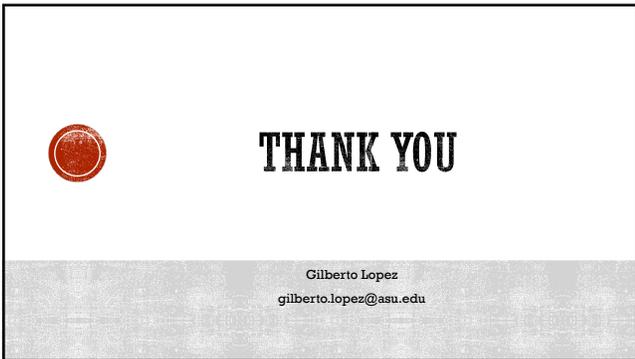
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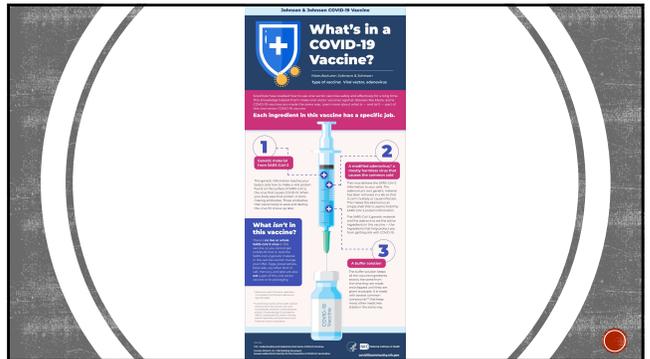
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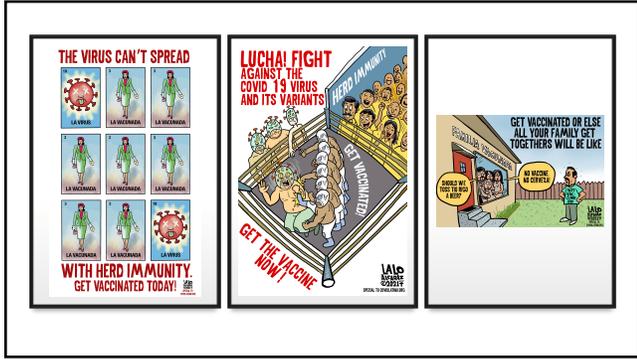
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**Patient Partner
Myths and Facts
about Asthma**

Margarita Lorenzi, MS

Allergy & Asthma
NETWORK

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What is Asthma?

Asthma is a common disorder of the airway (bronchial tubes) in the lungs. Chronic inflammation of the bronchial tubes makes them swell and narrow causing symptoms including, shortness of breath, chest tightness, cough and wheezing.



normal airway vs. bronchospasm

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Meeting Patients Where They Are

What this meant and looked like for me:

My experiences are from providing personalized asthma education for patients in their home. Most of the families I worked with are predominantly Latino/a and African American from underserved communities in Boston.



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Cultural Beliefs about Asthma Associated with the Influence and Treatment Behaviors among the Latino Community

Families' knowledge and management of asthma are influenced by traditional cultural beliefs and practices that influence clinical treatments. Cultural beliefs play a key role in asthma compliance or willingness to adhere to medical recommendations.

This can also affect:

- how we seek medical care and from whom we seek it
- how we will manage self-care
- how we make health choices, including the choice to select doctors who look like us
- how we might respond to a specific asthma treatment

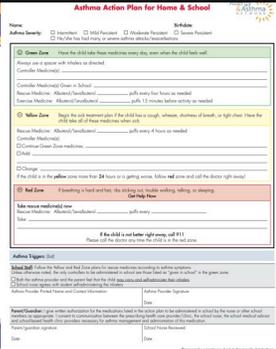
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Personal Experiences at Home and at Work

It is important to adhere to an Asthma Action Plan and the medications and medical advice prescribed the doctor.

While working as an Asthma Educator, I encountered many families who used home remedies as medical treatments for controlling their asthma.



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Myths and Facts about Asthma

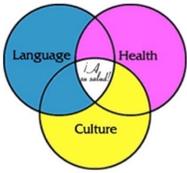
- Asthma is a chronic disease. The symptoms of asthma may come and go, but the condition is permanent. Even when asthma is under good control, the tendency for the airways to narrow when exposed to triggers is always present.
- Taking the controller medicines every day, even when feeling well, will keep asthma at bay lessening the chance of an acute episode requiring an emergency room visit or hospitalization.



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Common Barriers to Medication Adherence



- Economic barriers (Costs)
- Educational barriers (perceived condition)
- Cultural/language barriers
- Mistrust of the medical system

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Myth and Facts about Asthma

MYTH: You will "grow out of it."

FACT: You cannot outgrow asthma. In about 50% of children with asthma, the condition may become inactive in the teenage years. The symptoms, however, may re-occur at anytime during adulthood.

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Myths and Facts about Asthma

MYTH: Asthma can be cured, so it is not serious, and nobody dies from it.

FACT: There is no know cure for asthma, but it can be treated and controlled. The condition should be taken seriously, since uncontrolled asthma can result in emergency hospitalization and possible death.

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Myths and Facts about Asthma

MYTH: Medications used to treat asthma are habit forming.

FACT: Asthma medications are not addictive.

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Polling Question #1

Is asthma contagious?

- A. Yes
- B. No, but you are more likely to have asthma if your parents have asthma.

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Myths and Facts about Asthma

MYTH: You can "catch" asthma from someone else who has it.

FACT: Asthma is not contagious. You cannot "catch" it from someone else. However, asthma tends to run in families (genetics). There is a 30% chance of someone developing asthma if one parent has it, and a 70% chance if both parents have it.

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Myths and Facts about Asthma

MYTH: People with asthma should not exercise.

FACT: Although there is a form of asthma that can be triggered by exercise (exercise-induced asthma), regular exercise is important for everyone. Swimming is an optimal exercise for those with asthma.

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Polling Question # 2

What is the best way to control asthma?

- A. Asthma is best controlled by using an albuterol inhaler every day.
- B. Asthma is best controlled when one has a written Asthma Action Plan (AAP) written by your healthcare provider.
- C. Asthma is best controlled through the use of home remedies.

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Pastor Dot Delarosa
Culture and COVID-19



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Gilberto

Margie

Pastor Dot
Allergy
& Asthma
NETWORK

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Thank You!

- Join us for the next session on Feb 3, 2022 as we continue our conversation!
- Learn more about how to get involved as an AAN Research Patient Partner, Advisor, Advocate
- Participate in AAN's NOMLTM Telehealth Asthma Coaching Sessions – FREE
- Access AAN's Spanish Asthma and Allergy Education materials
- www.allergyasthmanetwork.org



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