SINUS & ALLERGY NEW

> Allergy Technician Leisa (left) with Patient Catherine from Hickory. Catherine: "Prior to starting allergy shots at Carolina Sinus & Allergy, I was having lots of sinus infections, migraine headaches, and missing work. Since taking my allergy shots, I cannot remember my last sinus infection, and I rarely have migraines. The shots have really helped."

NEW YEAR, NEW YOU

Making Allergy Care A Priority Can Really Make A Difference

As we start 2013, Carolina Sinus & Allergy wants to offer one suggestion for your New Year's Resolutions. If you have been less consistent in the past getting shots than you would like, we want to encourage you to make the commitment to come regularly for your allergy shots. Remember that you will be rewarded in the long run for your consistency with a greatly increased chance of diminishing allergy symptoms and other related allergy problems, such as recurring sinusitis, asthma flares, eczema problems, and other related medical conditions. We offer tremendous availability for you to receive your shots, in addition to having 3 different locations to serve you. Happy New Year! Here's to a New and Improved You!!

RESOLVE TO GET BETTER

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Winter Allergies

Tips for Control

1. Wash Away Allergen

Wash your face and hands frequently. Shower after known exposure to allergens. Shower steam can help with humidification and reducing congestion.

2. Wash Bedding Frequently

Washing your bedding once weekly in hot water reduces your exposure to dust mites and any pet dander.

3. Saline nasal spray

Nasal saline spray irrigations can help reduce nasal congestion and remove allergens that end up in your nose.

4. Moisture

With increased heat at home and work, increasing the fluids you drink can really help. In addition, consider a humidifier. The goal is to keep your home humidity between 30% and 50%.

5. Allergy Medications

Both over the counter and prescription allergy medications are available to help manage your symptoms. Discuss with your doctor which of these choices would best address your symptoms.

Other Ideas

- 1. Clean air ducts and change filters regularly
- 2. Wash your pets
- 3. Minimize your exposure to extreme temperature conditions outside
- 4. Warm up with a steamy bath to feel better and increase humidification



OUR GOAL : TO PROVIDE THE BEST ALLERGY CARE



ALLERGY SPOTLIGHT: TEST WHEALS

You may wonder at times why a test wheal is required each time new vials are mixed for you. The policies and procedures in place at CSA are designed with one primary focus - your safety and health. A vial test involves testing a newly mixed vial by injecting a small amount of the vial's contents under a patient's skin. The patient's local reaction is measured to verify vial safety. This test is important for several reasons, some of which include recent adjustments in vial potency as a patient works through their shot regimen and seasonal fluctuation in a patient's allergen exposure. This simple test helps ensure that your vial is safe for you.



AGAINST ANAPHYLAXIS

Anaphylaxis, a severe systemic reaction, is an event we want to avoid during your treatment with allergy shots. The overall risk with the treatment algorithm used by CSA is extremely low. Other types of immunotherapy (allergy shot) regimens, such as rush immunotherapy, have reported severe reaction rates of as high as 30%. Taking you through a slow buildup phase during immunotherapy offers significant safety advantages.

Factors that can predispose to severe reactions include uncontrolled asthma, a history of previous systemic reactions to allergy shots, and preceding large local reactions. If any of these factors describes you as a patient, please notify the staff immediately. In addition, we always ask, as an added measure of safety, that you take the antihistamine of your choice prior to receiving allergy shots. We also ask you to take the time to verify the identity of your vials, as well as the proper dose. Finally, it is important to have an up to date EpiPen available, and know how to use it.

Identifying these risk factors in you as well as taking these precautionary steps can help to minimize your risk of anaphylaxis. CSA is AGAINST anaphylaxis, and FOR your health and safety.

Oral Allergy Syndrome

Oral Allergy Syndrome (OAS) is a food sensitivity. It is defined as itchy and scratchy mouth symptoms caused by raw fruits and vegetables. OAS occurs in patients who have inhalant allergies as well.

OAS

Onset

Occurs in older children, teens and young adults

Symptoms

Itchy mouth and throat, itchy ears, lip swelling. No other symptoms occur.

Related To

SEASONAL ALLERGIES. Seasonal allergy symptoms usually develop prior to OAS symptoms.

BIRCH POLLEN

APPLE, PEACH, PLUM, PEAR, CHERRY, CARROT, ALMOND, HAZELNUT

GRASSES

Food



Associations

RAGWEED

KIWI, BANANA, MELONS, CUCUMBER, ZUCCHINI

Raw vs Cooked

Cooked foods or vegetables do not cause OAS, only raw foods.

Treatment

Usually not required because symptoms resolve shortly after removing the offending food or eating it

Peanut Allergy

Peanut allergy appears to be increasing, according to a recent study of children from 1997 - 2002 that showed the problem almost twice as high as previously reported. Reactions can be severe, and occur based on the sensitivity of the individual and the amount eaten.

There can be cross contamination in handling of other tree nuts. If your child has a known peanut allergy, avoiding tree nuts completely is the safest option.

There are other potential sources of peanut exposure which you might not think of. Although the items listed below do not always have peanut in them, it is wise to read labels carefully. These foods include:

1. Sauces such as chili sauce, hot sauce, pesto, and mole sauce

2. Some sweet foods, i.e. pudding, cookies, hot chocolate

3. Egg rolls

4. Asian and Mexican dishes

There is some good news. More recent studies have shown that up to 20% of children with peanut allergy will outgrow it.

Shellfish Allergy

Nearly 7 million Americans are allergic to seafood, including fish and shellfish. Unfortunately, this allergy is a lifelong problem with no cure. More than half of patients with this allergy have their first reaction as an adult.

Strict avoidance of seafood is the safest approach. Some ideas to help include:

1. Read ingredient labels carefully

2. Avoid fish markets

3. Avoid areas where fish is being cooked. Shellfish proteins can be released in the steam from cooking and become airborne

Many patients have concerns about whether iodine should be avoided by patients with shellfish allergies. Allergy to iodine and allergy to radiocontrast materials used in imaging are not related to shellfish allergy. That is great news for our patients with shellfish allergy!





Do your allergies bother you indoors? One option to consider is a High Efficiency Particulate Air (HEPA) filtration device. These devices are rated to remove 99. 97% of particles that are 0.3 micrometers or larger. There are also vacuum cleaners with HEPA filters. Taking this step may help you breathe more freely!

Carolina Sinus & Allergy

OFFICE LOCATIONS

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A Mold Moment

Mold exposure can be a source of significantly increased winter allergy symptoms. The picture of Aspergillus to the left is pretty, but chronic exposure to this and other molds can be potentially devastating. Mold needs moisture to grow, so limiting or preventing sources of moisture in your home can help. Several areas to examine include roofs, humidifiers, damp crawl spaces or basements, and venting for clothes dryers. Other proactive steps you can consider include: (A) make sure humidity levels are no greater than 50% (B) use an air conditioner or dehumidifier during humid months (C) Ensure adequate ventilation in your home (D) Use paints with mold inhibitors (E) Clean bathrooms with mold killing products (F) No carpet in bathrooms or basements (G) Remove previously soaked carpets or fabrics

STRIVING EVERY DAY TO IMPROVE THE SINUS & ALLERGY HEALTH OF OUR PATIENTS

YOU HAVE A CHOICE IN ALLERGY CARE. THANK YOU FOR ENTRUSTING YOUR CARE TO <u>CAROLINA SINUS & ALLERGY</u>.



A Division of Carolina Ear, Nose & Throat Head and Neck Surgery Center