



Sinus & Allergy Health

SPRING 2019

SPRING - THE SEASON FOR SNEEZING

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Sneezing Season

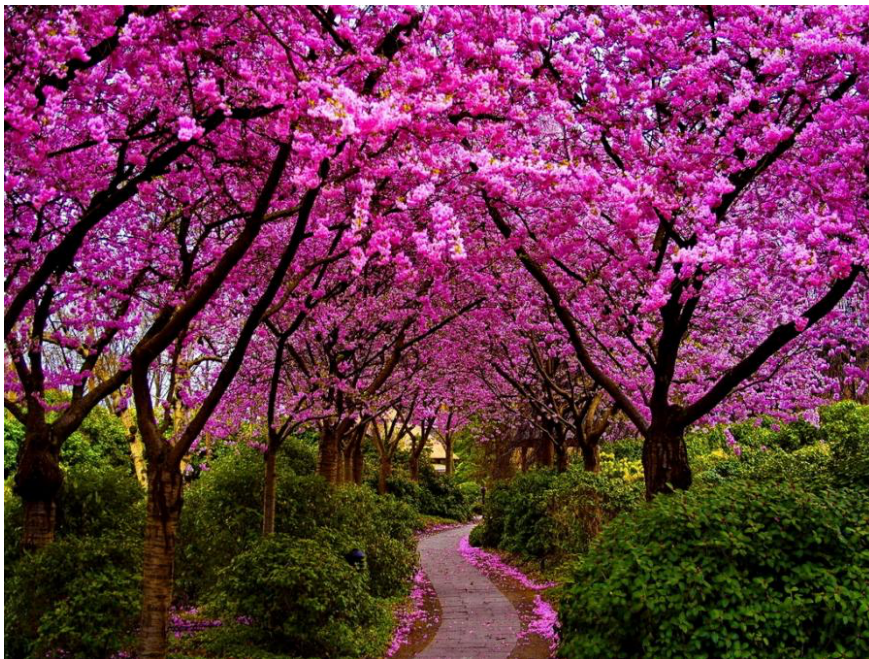
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Trees have already begun budding, and the presence of tremendous amounts of tree pollen signifies the beginning of spring. There can be so much pollen, with such vibrant colors, that it can accumulate along sidewalks and on cars. Tree pollen is beautiful, but can be problematic for allergy and asthma sufferers.

Talk with one of our Carolina Sinus & Allergy team about options to control your symptoms. Avoidance or limitation of exposure to pollen, targeted and customized medical therapy, and immunotherapy are all viable options. Also, don't forget that related allergic problems, such as asthma, are worse for many during this time. As spring is ushered in, work with our team to make this time of year your best time of year!



PENCILLIN ALLERGY

Penicillin allergy is an abnormal reaction of your immune system to the antibiotic drug penicillin. Penicillin is prescribed for treating various bacterial infections.

Research has shown that penicillin allergies may be over-reported — a problem that can result in the use of less-appropriate and more-expensive antibiotic treatments. Therefore, an accurate diagnosis is needed when penicillin allergy is suspected to ensure the best treatment options in the future



Recently, Carolina ENT Sinus and Allergy Center has begun testing for Penicillin allergy in adults. This new service has been a great success, and a useful test for patients concerned about this condition. Penicillin allergy testing involves four steps. The first is a simple blood test to screen for a potential Penicillin sensitivity. Next, a skin test is applied to your arm. If negative, intradermal testing is completed by placing a few small injections on your arm. If intradermal testing does not elicit a reaction, then a test dose of Amoxicillin is given. Testing takes approximately 2 hours to complete. If you're concerned about a possible Penicillin allergy, discuss this testing with your Carolina ENT provider.

ALLERGY RECIPE CORNER

Black Bean and Scallion Dip and Seasoned Pita Chips

Ingredients for Dip

19 oz can black beans, drained and rinsed 2 green onions, roughly chopped
3 tbsp olive oil 3 tbsp lime juice 1/2 tsp salt
2 tbsp dill, coarsely chopped
1/4 tsp black pepper 1/4 tsp lime zest

Ingredients for Chips

6 medium-size gluten-free pitas 3 tbsp olive oil
3/4 tsp smoked paprika 3/4 tsp dried oregano Pinch of salt

Directions

For black bean dip, place all ingredients in food processor and process until smooth.

In a small bowl, stir paprika, oregano and salt into olive oil. Brush pitas with seasoned oil and cut each in half, and then each half into 4 wedges. Spread out on prepared baking sheet and bake until crisp, 8-10 minutes. Preheat oven to 375 F. Line a baking sheet with parchment paper and set aside. Free of gluten and major allergens.

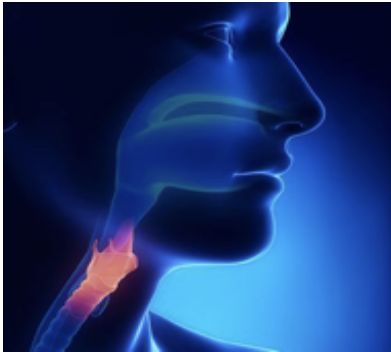
Value in Asthma Care

Asthma is the most common chronic disease among children and adolescents. According to statistics published in *Personalizing Asthma Management for the Clinician*, the disease has become more prevalent over the past 20 years, surpassing rates of 8 percent of the population, and this trend is projected to continue. Along with that will likely come increases in the number of asthma exacerbations. While allergy triggers testing for high-risk asthma patients, this requires resources. However, the cumulative cost of poorly controlled asthma (ED visits, hospital visits, extended stays, etc.) can well exceed the cost of taking this proactive approach. Controlling a patient's asthma symptoms based on assessment, diagnostic testing and a tailored care plan that follows is likely less costly in the end. Talk to our team about your child or yourself, and let's get your symptoms under control.



VOICE PROBLEMS FROM ALLERGIES?

Because 30% of the US adult population will at some point experience a chronic change in voice, and the overall lifetime prevalence of allergic rhinitis is in a similar range, it is often wondered: Do allergies cause chronic voice changes?

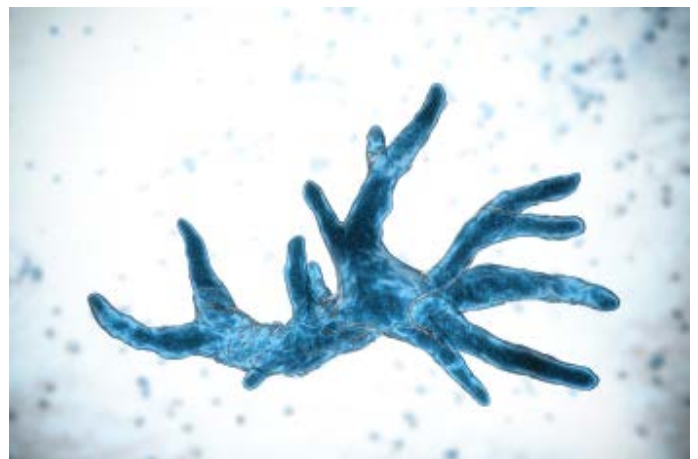


As a comprehensive ENT practice, Carolina Ear Nose & Throat Sinus and Allergy Center, commonly evaluates and treats patients with symptoms suggesting an underlying voice problem. Common symptoms include voice changes, throat clearing, cough, postnasal drainage, trouble swallowing, a mucous feeling in the throat, feeling a foreign body sensation in the throat, and generalized throat irritation. While some would advocate of the existence of an "allergic laryngitis", the clinical evidence surrounding that diagnosis is often difficult, with many conditions that result in overlapping symptoms. Very commonly, reflux symptoms, medication side effects, and chronic nasal or sinus symptoms might result in voice changes too. One of the basic premises of support for the existence of "allergic laryngitis" is centered in the concept of the unified airway. Some studies suggest a link between chronic voice and throat symptoms and positive allergy skin tests, particularly for dust mite allergen. The bottom line is that it is critical to work with your doctor to help correctly diagnose and treat your condition. The team at Carolina Ear Nose & Throat Sinus and Allergy Center is ready to apply the latest in voice assessment, reflux diagnosis and treatment, and allergy testing and treatment to develop a personalized treatment plan that is accurate and comprehensive.

SAFE NASAL IRRIGATION

Recent news of a 69-year-old woman in Seattle who died of amoebic meningoencephalitis (AM) from the rare amoeba *Balamuthia mandrillaris* (pictured below) again reminds us of the importance of teaching patients the most appropriate and safest way to irrigate their sinuses. Although the incidence of such a fatal brain infection from nasal irrigation is rare, the sheer possibility of such an event has generated considerable concern. While the safest irrigation water source is either distilled water, or boiled water that has cooled, the CDC offers other acceptable approaches. One option is to use filtered water, using filters labeled NSF 53 or NSF 58, or labeled "absolute pore size less of 1 micron or smaller." Additional suggestions include replacing the neti pot or other irrigation device every three three months and cleaning it between each use.

Cleaning approaches may include microwaving the clean empty bottle for about one minute before each use, rinsing the bottle with rubbing alcohol after each use, and storing it in a clean dry place open to the air. Nasal irrigation is vital for some patients. It is equally vital to follow safety precautions related to this nasal and sinus cleansing technique.





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