



Sinus & Allergy Health

SPRING 2017

A CLOSER LOOK AT PEANUT ALLERGY

There was important news announced in January, 2017, regarding peanut allergy in children. This information comes in the form of an Addendum to the 2010 Guidelines for the Diagnosis and Management of Food Allergy in the United States.



The new information gives guidelines for the introduction of peanut protein (NOT ACTUAL PEANUTS) to infants by means of peanut containing foods. The guidelines were created due to emerging data showing that peanut allergy can be prevented by early introduction of peanut containing foods. The Addendum Guidelines were created by a group of 26 professional organizations,

advocacy groups, and federal agencies tasked with reducing peanut allergy, and follow on the heels of the LEAP study, a randomized trial of more than 600 infants, which showed an 81% reduction in peanut allergy development in high-risk children by regular consumption of peanut protein from infancy to age 5. The new guidelines examine high, moderate, and low risk infants. The determinants of risk level are severity of eczema and/or presence of egg allergy.

High risk infants have severe eczema and/or egg allergy. After approval from their doctor, peanut containing foods should be introduced at 4-6 months of age. Moderate risk infants have mild to moderate eczema, and should have peanut containing foods introduced to their diet at 6 months of age.

Low risk infants do not have eczema or any food allergies, and can have peanut containing foods freely introduced into their diet, with one caveat. Regardless of the infant's risk level (high, medium, or low), parents should start infants at the appropriate time on other solid foods before they are given peanut containing foods. Infants and small children should never be given whole peanuts due to the risk of choking.

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SNEEZING SEASON

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!

CAM'S GRANOLA BARS

Ingredients

3 cups quick cooking oats
1 cup Enjoy Life Foods™ Perky's Nutty Rice cereal *
1 cup Erewhon Rice Twice cereal *
1/2 cup chocolate chips
1 cup raisins or craisins
1/2 tsp cinnamon
3 Tbsp melted margarine
1 tsp vanilla extract
1 can sweetened condensed milk

Directions

Toss oats, cereals, craisins, chocolate chips, and cinnamon in large bowl and mix well. Melt margarine (or alternative) and add vanilla extract to it, set aside. Pour contents of can of sweetened condensed milk into cereal mixture. Add butter and vanilla combination and mix well. Press into 13x9 pan (I use parchment paper when I have it) and bake at 350 °F for 20-25 minutes. Let cool completely and cut into granola sized bars. *Use alternate cereals that are safe for your needs. Recipe is PEANUT, EGG, GLUTEN, WHEAT, AND TREE NUT FREE

ASTHMA WARNING SIGNS

Although asthma rarely flares without warning signs, these clues may vary between different attacks. It is important to know likely signs and symptoms, and seek help if needed. Before an attack, patients may have decreased appetite, feel tired, be unable to sleep, cough often, develop dark circles under the eyes, wheeze, or feel very tired during exercise. The cough is usually dry, and won't go away. Symptoms may progress to chest tightness and shortness of breath. Follow your asthma action plan, a combination of maintenance and rescue medications.

How can you lower your chance for an asthma attack? Some important steps are to learn and avoid your triggers, exercise regularly, treat other conditions that may worsen your symptoms (examples - sinus infections, sleep apnea, acid reflux, allergies), and take steps to keep your home clean. Talk with one of our team about your symptoms, to help keep you healthy and breathing freely.



ALTERNATIVE ALLERGY TREATMENTS?

A recent Canadian study took a closer look at alternative medicine practitioners, and their claims that they can effectively treat allergies and asthma. The impetus to take a look at this stemmed from the controversial rising popularity of alternative medicine in the treatment of both allergies and asthma.

Timothy Caulfield, the lead author from the Health Law Institute at the University of Alberta, stated, "Both asthma and allergies can be a serious health condition. These kind of public representations can be misleading and may lead to inappropriate care." The advertising is having some effect, as people spent over \$30 billion on complementary and alternative medicine in 2012.

Claims made by homeopaths, who use diluted plants and minerals as treatment, and naturopaths, who use combinations of alternative medicine remedies, were evaluated, as were marketing claims of chiropractors and acupuncturists. 392 websites of alternative medicine clinics in Canada's 10 largest cities were reviewed.

There were several interesting findings. These websites were more likely to advertise that they could treat allergy or asthma than diagnose either. Naturopaths were most likely to make claims about diagnosis and treatment (85%), followed by acupuncturists (68%), homeopaths (60%), and chiropractors (38%). They noted that many of the testing methods and treatments advertised have no research evidence to support them. Some treatments, such as spinal manipulation and hydrogen peroxide injections, can even be harmful. Another concern is that these websites often cited antibiotics and vaccines as a cause of asthma and allergies.

Caulfield stated, "People should be very skeptical of the marketing information found on these websites. Seek out independent, science-based information!"

Trust your team at Carolina Sinus & Allergy to offer the most up to date, scientifically-validated testing and treatment options for you and your family.

CONTACT DERMATITIS

Allergic contact dermatitis is a skin inflammation due to direct contact with an allergen, resulting in swollen, red, and itchy skin. A recent study determined the most common causes of this allergy problem. They include nickel (jewelry, clasps, and buttons), gold (jewelry), balsam of Peru (perfumes and skin lotions), thiomerosal (antiseptics and vaccines), neomycin sulfate (topical antibiotic), fragrance mix (a group of the 8 most common fragrance allergens in foods, cosmetics, perfumes, and dental products), formaldehyde, cobalt chloride, bacitracin, quaternium 15 (cosmetic products). The main treatment for contact dermatitis is allergen avoidance as well as topical steroid creams. Up to 3% of patients are allergic to topical steroid creams, making avoidance of allergens even more vital. If you have irritated skin, keep a diary to determine when your skin worsens, and try to identify what exposures may account for your skin problems.








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- Frequently asked questions and more...

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