



# Sinus & Allergy Health

FALL 2018

## THE JOURNEY OF IMMUNOTHERAPY

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### EVERY GREAT JOURNEY BEGINS WITH A SINGLE STEP

Patients with allergy symptoms that are not well controlled often are tested to determine their specific allergies. What's the next step?

For some, avoidance of diagnosed allergens is a helpful route. For others, targeted medical therapy based on specific types of allergens is the best path. For many patients, those two steps are just not enough. These patients often embark down a clinical pathway that involves immunotherapy, or allergy shots, in addition to allergen avoidance and medication usage. Immunotherapy is really prevention of allergy and related allergic disorders through a systematic desensitization of the immune system. It sounds simple.

But for some patients, a seemingly simple journey transforms into an odyssey. There can be twists and turns as well as surprises and setbacks during the course of treatment. We are here to help guide the process.

Working through increasing allergy shot doses is analogous to climbing an ascending mountain trail. Climbing a mountain is daunting, but many forget it begins with a single step. Many also know that the best way to climb a mountain trail, with all of the unknown challenges ahead, is with a trusted guide. Carolina Ear, Nose & Throat Sinus and Allergy Center has a long and successful track record. We will help you every step of the way. Enjoy the ride!



## CLARIFIX YOUR NOSE

## ALLERGY RECIPE CORNER

### RUNNY NOSE? NASAL CONGESTION? POST-NASAL DRIP?

You may suffer from chronic rhinitis. The first and only FDA approved procedure that utilizes cryotherapy to stop the source of the symptoms for lasting relief is available here. It is called ClariFix.



Chronic rhinitis is caused by out of balance nerves sending too many signals to your nose, telling it to drip, run and swell more than necessary. Traditional medical treatments such as nasal sprays, drops and pills can help manage chronic rhinitis symptoms for some patients. The ClariFix® device delivers cryotherapy to the out of balance nerves that are telling the nose to drip, run and swell more than necessary, interrupting the signals and stopping the source of runny, stuffy nose symptoms. The treatment is office based, safe, well tolerated, and can provide long-lasting symptom relief. Talk with our team to see if this exciting new procedure is right for you.

### Carrot Cake Baked Oatmeal

#### Ingredients

2 1/2 cups gluten-free quick oats  
1/3 cup packed brown sugar  
2 tbsp ground flaxseed  
1 1/2 tsp ground cinnamon  
1/2 tsp baking powder  
3/4 tsp salt  
1/4 tsp ground nutmeg

1 1/2 cups allergy-friendly unsweetened dairy-free milk beverage  
1 1/2 cups grated carrots (about 4 to 5 medium carrots)  
1/3 cup crushed pineapple, drained, juice reserved  
1/3 cup pineapple juice (from the can of crushed pineapple)  
1/3 cup raisins  
2 tbsp rice bran, grapeseed or canola oil  
2 tbsp maple syrup  
1 tsp vanilla extract

#### Directions

**Preheat oven to 375° F and grease an 8 x 11-inch or 9 x 9-inch baking dish.**

**Place oats, sugar, flaxseed, cinnamon, baking powder, salt, and nutmeg in a large bowl. Whisk to combine.**

**Add milk beverage, carrots, pineapple juice, raisins, oil, maple syrup, and vanilla. Stir to combine.**

**Pour mixture into the prepared baking dish and level out.**

**Bake 35-40 minutes, or until a toothpick inserted in the center comes out clean.**

**Let cool completely before carefully cutting into squares. Store leftovers in refrigerator up to 3 days, or individually wrap and freeze. They will fluff up a bit when reheated.**



## Understanding Latex Allergy

Natural rubber latex comes from the sap of the rubber tree, *Hevea brasiliensis*, found in Africa and Southeast Asia. Allergic reactions to products made with latex develop in persons who become allergic to proteins contained in natural rubber latex.

Latex is a common component of many medical and dental supplies. These include disposable gloves, syringes, stethoscopes, catheters, dressings and bandages. Latex also is found in many consumer products. These include condoms, balloons, rubber toys, baby bottles, nipples and pacifiers. Synthetic rubber is made from chemicals and does not trigger a reaction in people allergic to natural latex.

Latex allergy develops after many previous exposures to latex and is more common in health care workers and individuals that have had several surgeries. Latex allergy symptoms may include hives, itching, stuffy or runny nose. It can also cause wheezing, chest tightness and difficulty breathing. Symptoms begin within minutes after exposure to latex containing products. The most severe latex allergy can result in anaphylaxis, a serious allergic reaction involving severe breathing difficulty and a fall in blood pressure.

Allergic skin problems can occur following direct contact with allergic latex proteins in latex glove products. Symptoms may include immediate itching, redness and swelling of skin that touched the item containing latex.

Latex allergy is diagnosed by an allergy blood test. The best treatment for latex allergy is avoidance. Latex allergy problems during dental, medical or surgical procedures can be prevented by warning health care providers about latex allergy before any test or treatment. Latex allergic patients can receive medical or dental care in a latex-safe area. Reactions to latex may be serious and can very rarely even be fatal. If you have a severe latex allergy, wearing a medical alert bracelet and carrying an epinephrine auto-injector can be life-saving.

## Oral Allergy Syndrome

Oral allergy syndrome, also known as pollen-food syndrome, is caused by cross-reacting allergens found in both pollen and raw fruits, vegetables, or some tree nuts. The immune system recognizes the pollen and similar proteins in the food and directs an allergic response to it. People affected by oral allergy syndrome can usually eat the same fruits or vegetables in cooked form because the proteins are denatured during the heating process, so that the immune system no longer recognizes the food.

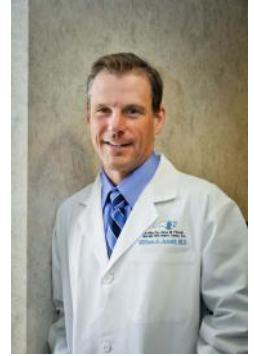
The onset of oral allergy syndrome typically occurs in older children and young adults who have been eating the fruits or vegetables in question for years without any problems. Those with oral allergy syndrome typically have an allergy to birch or grass pollen in the Spring or ragweed pollen in the Fall, and symptoms are worse when pollen counts are high for these specific allergens. Common cross-reactivities include:

Birch pollen: apple, almond, carrot, celery, cherry, hazelnut, kiwi, peach, pear, plum

Grass pollen: celery, melons, oranges, peaches, tomato

Ragweed pollen: banana, cucumber, melons, sunflower seeds, zucchini

Symptoms of oral allergy syndrome include itchy mouth, scratchy throat, or swelling of the lips, mouth, tongue, and throat. Itchy ears are sometimes reported. The symptoms are usually confined to one area and do not normally progress beyond the mouth. Because the symptoms usually subside quickly once the fresh fruit or raw vegetable is swallowed or removed from the mouth, treatment is not usually necessary. Let our team help determine your allergies and all of the different ways they may be affecting you.



Visit us on the web  
[www.carolinaearnosethroat.com](http://www.carolinaearnosethroat.com)

Enjoy Access to:

- Our allergy newsletters
- Our Patient Portal
- Information on allergy testing and treatment
- Frequently asked questions and more...



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