



Sinus & Allergy Health

SPRING 2018

MAKING YOUR ALLERGY CARE BETTER

Recognizing the transition of healthcare towards a value-based model, important investments have been made for our Allergy patients' benefit. Leveraging the vast experience and technological expertise of Rosch Visionary Systems, Carolina Sinus & Allergy is able to offer advanced Allergy care in western North Carolina.



The development and implementation of Allergy specific software are major steps forward in providing safer, more efficient, and more cohesive allergy care. For example, to enhance safety in allergen extract administration, patient photo, date of birth, and vial barcode verification are used by Rosch Immunotherapy to assist the Allergy technician in verifying that the correct injection is being administered to the correct patient.

In addition, the software assists in recording/tracking of injections and reactions. The pre-injection questionnaire is another safety measure designed to identify patients who may be at greater risk to receive injections on a particular day. An antigen inventory system ensures that adequate stock is maintained to test and treat patients.

Many of our patients have already taken advantage of another helpful component of this software - better communication. The Visionary Allergy Tracker (VAT) smartphone app is an innovation empowering patients to actively manage their immunotherapy treatment with easy access to their treatment and injection progress. Allergy Tracker helps to improve patients' compliance by pushing notifications for upcoming and/or overdue shots. Notification delivery options include text message (SMS) and email reminders. Talk with our staff to get signed up for this app today, and get more involved in your care.

IN THIS ISSUE:

Allergy Specific Software

Pollen Explosion

Allergy Recipe Corner

Shellfish Allergy

Alternative Uses For Allergy Treatment

Food Allergies

PAGE 4



Visionary
allergy TRACKER



POLLEN EXPLOSION

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 members 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!

ALLERGY RECIPE CORNER

SOFT HONEY COOKIES

Ingredients

1/4 cup sugar	1/4 teaspoon baking powder
1/4 teaspoon ground cinnamon	1/8 teaspoon salt
2 tablespoons canola oil	3 tablespoons honey
1 large egg	3/4 teaspoon vanilla extract
1 cup plus 2 tablespoons all-purpose flour	

Directions

In a small bowl, beat sugar and oil until blended. Beat in egg; beat in honey and vanilla. Combine the flour, baking powder, cinnamon and salt; gradually add to sugar mixture and mix well (dough will be stiff). Cover and refrigerate for at least 2 hours. Drop dough by tablespoonfuls 2 in. apart onto a greased baking sheet. Bake at 350° for 8-10 minutes or until bottoms are lightly browned. Cool for 1 minute before removing from pan to a wire rack. Store in an airtight container. Yield: 16 cookies. **DAIRY-FREE, NUT-FREE**

SEAFOOD ALLERGIES

Seafood allergy is the most common food allergy in adults. For those allergic to shellfish, are all of these allergies the same? To answer that question, it is important to understand the main types of shellfish, which include crustaceans (crab, shrimp, lobster, prawns, and crawfish) and mollusks (squid or calamari, snails, and bivalve organisms such as mussels, clams, oysters, and scallops). Due to a shared protein among several types of shellfish called tropomyosin, the human immune system may detect these different types of shellfish as very similar. This immunologic similarity may cause allergic reactions across many shellfish types.

About 40% of those with a crustacean allergy may react to other crustaceans, and 50% with a mollusk allergy may react to other mollusks. Only 10-15% are allergic to both crustaceans and mollusks. For those with non life-threatening reactions to either class of shellfish, testing may allow them to eat the other type. Talk with us about testing options. Bon Appétit!



ALTERNATIVE USES FOR ALLERGY TREATMENTS

Several recent clinical studies have highlighted exciting new uses for existing allergy medications.

In *The Lancet*, results from a phase 2 clinical trial suggest that an over the counter antihistamine may repair nervous system function in patients with multiple sclerosis (MS). This result is possible by restoring nerve cell signaling via repair of damage to myelin, a mixture of proteins and phospholipids forming a whitish insulating sheath around many nerve fibers, increasing the speed at which impulses are conducted. Patients with MS develop myelin damage, with resultant reduced ability to transmit electrical signals between nerves, causing weakness, visual changes, and problems with balance and coordination. The medicine that is being studied is clemastine fumarate (Tavist), an allergy drug approved in the 1970's and over the counter for about the past 20 years. Finding a new use for an existing medicine, this trial is the first to show some restoration of human brain function damaged by MS.

At Mount Sinai Hospital in New York, a new treatment for neuromyelitis optica (NMO -a rare and severe disease causing myelin damage in optic nerves, spinal cord, and brainstem) was evaluated in a pilot study. This study followed 16 patients who took Cetirizine (Zyrtec) daily for one year. These patients were monitored for new neurologic problems or episodes, as well as adverse events from taking Cetirizine. Findings showed Cetirizine was safe and well tolerated, and may help prevent relapses of NMO. Chronic use of Cetirizine is thought to prevent activation of eosinophils and other inflammatory cells, muting or stopping the impact of a NMO relapse.

Both of these exciting studies highlight the ongoing quest to develop novel approaches for difficult to treat medical problems.

FOOD ALLERGIES

A new study shows that food allergies may not be as widespread as previously reported. The article, in the *Journal of Allergy and Clinical Immunology*, reviewed the electronic health records of 2.7 million adults and children receiving care at a large health system in the Boston area over a 13 year period. Authors were able to extrapolate that approximately 3.6% of Americans have a food allergy or intolerance. That is fewer than 1 in 25, and is markedly lower than the previously reported 5% incidence. Other important findings included the spectrum of symptoms in food allergic patients, with about half having local/regional reactions (hives, vomiting, and coughing), and half having more serious, anaphylactic reactions. The most common food allergen groups, were (in order) shellfish, fruits or vegetables, dairy, and peanuts. Women were more likely than men to be food allergic, and Asian heritage increased the likelihood of developing food allergy. Finally, young children had higher rates of allergy than adults. If you are concerned about food allergies, talk with one of our Carolina Sinus & Allergy team about testing options.








Visit us on the web
www.carolinaearnosethroat.com

Enjoy Access to:

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

<p>HICKORY CAMPUS 304 10th Avenue NE Hickory, NC 28601 Phone: 828-322-2183</p> <p>Mon-Fri: 8:00-5:00 Sat: 9:00-12:00</p>	<p>LINCOLNTON OFFICE 751 South Laurel Street Lincolnton, NC 28092 Phone: 704-748-6712</p> <p>Mon: 9:00-4:30 Tues/Thurs/Fri: 8:30-4:30 Wed: audiology only</p>	<p>MORGANTON OFFICE 149 W Parker Rd. Suite C Morganton, NC 28655 Phone: 828-437-3300</p> <p>Mon-Thurs: 9:00-4:30 Closed Fridays</p>
---	--	--