



*Breathe Better - Live Better!*<sup>®</sup>

SUMMER 2014

**MISSION STATEMENT**

We improve the quality of life for children and adults who suffer from Allergy, Asthma and Immunology related illnesses.



## FDA Approves New Sublingual Allergy Tablets for Grass Allergies

*By Leon S. Greos, M.D.*

Immunotherapy has been an important part of the treatment of environmental allergies for over 100 years. This medical therapy has traditionally been administered in the form of injections or allergy shots as

this has been the only form that has proven to be effective. Trials of oral (swallowed) forms of immunotherapy for inhalant allergens 30 years ago were not found to be effective. Digestive difficulties caused by the protein contained in this form resulted in inconsistent dosing and gastrointestinal side effects, which limited its viability.

However, European allergists have recently developed immunotherapy that can be administered under the tongue (sublingual) where the allergen is not digested so the dose administered can be smaller and gastrointestinal side effects can be minimized. This new form of therapy is better tolerated by patients.

As of April 2014 the FDA approved two sublingual allergy tablets for prescription use in the United States: Greer Laboratories Oralair<sup>®</sup> and Merck's GRASTEK<sup>®</sup>. These products have been shown in clinical trials to be effective in reducing seasonal nasal and eye symptoms, as well as reducing medication requirements in patients using these products compared to patients who were given the placebo treatment. We are pleased to have participated in the development of these new products in our Clinical Research Department at CAAC and are eager to observe the benefits of these products in our grass allergic patients.

The new sublingual tablets are not anticipated to replace traditional allergy shots. The development has been limited to **grass**, **ragweed**, **cat**, and **house dust mites** in the US, and grass tablets are the first to be approved. The tablet is to be taken daily,

several weeks before and throughout the allergy season. Sublingual tablets appear to be safe. However, there are case reports of allergic reactions including both oral itching and swelling, as well as more serious severe allergic reactions that have necessitated the discontinuation of treatment. More information about safety will become available as we gain more experience with these products.

Allergy shots have been demonstrated to modify allergy disease to the point of remission of specific allergy symptoms after this therapy has been discontinued. In contrast, the sublingual experience is too brief to understand the long-term efficacy, but clinical experience in Europe suggests three years of treatment with grass tablet can provide benefits for at least two years after treatment has been stopped. There are suggestions that a booster series with the tablet may also be helpful to keep symptoms under control over the long term.

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Sublingual tablets will provide a new treatment option for patients with these allergy triggers. This option will likely be most helpful for those who cannot schedule regularly for injections, for patients whose symptoms are triggered primarily by these allergens, or for patients who are concerned about receiving injections (i.e. children).

Please contact CAAC to learn more about the specific costs and insurance coverage for this therapy. We look forward to having another treatment option to help our patients.

Find additional information on our website: [www.coloradoallergy.com](http://www.coloradoallergy.com)

Support Groups • Current Drug Studies • News Articles • Providers • New Patient Forms • Patient Education  
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# QUARTER CENTURY CLUB

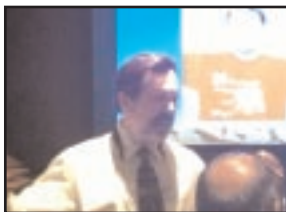
By Jill Yousaf

In 2008 a brainstorming session took place on how to recognize Colorado Allergy & Asthma Centers' ("CAAC") long-term employees. Thus, we implemented the Quarter Century Club ("QCC"), which honors employees whose careers have been spent caring for patients over the past 25 years; an extraordinary accomplishment that shows their long-term commitment to this organization, their patients and one worth celebrating!

In April of this year the "QCC" inducted two more employees at our 5th celebration. Dr. Allen Adinoff, Physician at our Highlands Ranch Clinic and Augustine Truesdale, Research Assistant at our Denver Study Site were both honored at a dinner at Guard and Grace Restaurant in Downtown Denver. Each year the partner physicians honor a new inductee who has reached this incredible 25 year milestone and gift them with a weekend at The Broadmoor Hotel. Other members of this prestigious club honored at this celebration were:

- Angie Costello, RN at the Southwest Clinic – 27 years of service
- Martha Steffen, Director of Physician Assistants – 29 years of service
- Denise Curtis, RN & Clinic Manager at the Highlands Ranch Clinic – 31 years of service
- Julie Rugg, RN & Clinic Manager at the Lakewood Clinic – 33 years of service
- Jerald Koepke, MD at the Southwest and Highlands Ranch Clinics – 34 years of service
- Mary Thal, RN & Director of Clinic Operations – 35 years of service
- Sue Pankoski, Certified Clinical Research Coordinator at the Denver Study Site – 36 years of service
- David Pearlman, MD, Founder and Research Director – 42 years of service

I find that our employees stay at CAAC because they sincerely love helping to improve the quality of life of our patients and they love the people they work with. I have now been with CAAC for ten years; in the age of job-hopping, I am proud to work for physicians who respect and honor those employees who dedicate themselves to CAAC with such incredible longevity and commitment.



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OR CALL

**Denver Research**  
720.858.7510

**Centennial Research**  
303.632.3646

## Hummus



Here is a quick, easy AND ALLERGEN-FREE recipe for hummus – a great dip or spread for snacking or to take to picnics and other gatherings year-round. **It is milk, egg, peanut, soy and nut-free.** Enjoy with your favorite chips, crackers, bread or vegetables!

### Ingredients:

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|--|---------------------|
| 1 15-ounce can of chick peas                 | 1/2 tsp salt        |
| 1/2 cup high-quality, extra-virgin olive oil | Red pepper to taste |
| 6 T tahini                                   | Paprika             |
| 5 T fresh lemon juice                        | Parsley             |
| 1 to 2 cloves garlic, minced                 |                     |

### Directions:

Drain the chick peas, reserving some of the liquid, then rinse. Combine all ingredients except paprika and parsley in a food processor and blend until smooth. Add liquid from can, one tablespoon at a time, to thin the hummus if necessary. Transfer to bowl and drizzle with olive oil. Garnish with paprika and/or parsley.

*Warning: Tahini is a sesame seed paste. Sesame-allergic individuals should avoid this ingredient.*

# CHAMPIONS AGAINST ASTHMA: A Brief History of Champ Camp

By John M. James, M.D.

Since 1979 the American Lung Association of Colorado (ALAC) has offered a week-long summer camp for children with asthma to provide a unique opportunity to learn more about effective and successful management of their disease in a "real-life" camping environment. The name of this program is Champ Camp, and it has been held every mid-summer for the past 34 years in a beautiful, Colorado mountain setting. The specific goals of the program are: to gain a better overall understanding of asthma and recognition of symptoms, to effectively identify and avoid asthma triggers, to understand the importance of developing an effective asthma management plan with appropriate asthma medications, to understand the importance of regular exercise to help in the management of their asthma, and to empower asthmatic children to live their lives to the fullest despite their chronic lung disease. One of the really great things about this program is that some of these children have never had the opportunity to go on a camping excursion away from home and interact with other children and counselors who also have asthma, as well as with other healthcare professionals and recreational specialists. Champ Camp has reached more than 3,500 young people. This year the ALAC will recruit 100 campers from geographically and economically diverse areas statewide. In 2013 campers had asthma for an average of 6.4 years and missed an average of 3.4 school days annually due to their asthma. Twenty-one percent of these campers reported that their asthma interfered with exercise



Colorado Allergy and Asthma Centers, P.C. (CAAC) has been a supporter of Champ Camp since its inception. Dr. Jerry Buckley, one of the three founding physicians of CAAC, was instrumental in developing and launching this program with the ALAC. He and a group of dedicated volunteers kicked off the first camp in 1979. Mary Thal, RN and current Director of Clinical Operations at CAAC, has also been very involved in educating various volunteers (i.e. nurses, medical assistants, respiratory therapists, physicians and mid-level providers) who have worked at this annual asthma camp. Mary commented, "The energy from all the volunteers that goes into the preparation before camp and then the week-long activities at camp is exhilarating. To see the kids leave their parents, some on their first time away from home, is very emotional. But watching them cultivate friendships and taking part in activities they never would have dreamed they could do, such as rock climbing or hiking, is so gratifying as a healthcare provider. It makes you smile for the whole week. I truly honor all the volunteers that have given of their time and talents. It's a wonderful experience." In addition, Dr. Leon Greos of CAAC was

the medical director of Champ Camp for 14 years and his leadership helped to improve the overall quality of the medical team and asthma care that is provided at this camp. Leon recalls his experience with this camp, stating, "I was involved in a period of transition from [Champ Camp] being the only place a kid with asthma could go to camp, to a place where kids could learn about their disease and how to be part of the solution for optimal management. Kids have always valued seeing other kids who are just as or more affected as themselves. Kids love Champ Camp! It is fun and spirited." Several other medical providers from CAAC, including physicians, mid-level providers and nurses, have volunteered countless numbers of hours to help make this the best educational experience for asthmatic children in Colorado. Finally, the Colorado Allergy and Asthma Society has been a strong supporter of Champ Camp in terms of providing physicians to work at this camp, as well as providing financial support to the ALAC to host this camp on an annual basis.

This year's ALAC Champ Camp is scheduled to be held at **Glacier View Ranch near Ward, CO from July 20 until July 26, 2014**. Once again asthmatic children 7-14 years of age will have a unique opportunity to learn more about their asthma and how to effectively manage their symptoms. These children learn from one another and from their counselors (many of whom have asthma themselves) that they can live full, active lives by taking control of their chronic lung disease and nothing is impossible if they use the skills learned at this camp and integrate them into their asthma management plan. What a great experience for these children! CAAC will continue to support this annual summer camp by volunteering and identifying patients in our clinic who might benefit from this unique, educational experience. Be on the lookout for specific information about the ALAC Champ Camp in our offices and on our website at [www.coloradoallergy.com](http://www.coloradoallergy.com).

DOCTOR'S



CORNER

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*Leaders in Allergy and Asthma  
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## CAAC Relocates Castle Rock Clinic to Castle Rock Adventist Medical Campus

In March of this year, CAAC relocated their Castle Rock clinic to Castle Rock Adventist Hospital's new medical campus.

Previously located off of Founder's Parkway, our Castle Rock location is now in suite 300 of the Alexander building on the new campus. This location is open on Mondays and Thursdays. Dr. Manujendra (Manu) Ray sees patients at this location on Mondays and Thursdays. We are very excited to be a part of this state-of-the-art medical community. Appointments can be scheduled at this location by calling 720-858-7470 or online at [www.coloradoallergy.com](http://www.coloradoallergy.com).



## OFFICE LOCATIONS

### **BRIGHTON**

4700 East Bromley Lane, Suite 207, Brighton, CO 80601  
303.654.1234 / FAX: 303.654.0955

### **BROOMFIELD**

340 East First Ave., Suite 307, Broomfield, CO 80020  
303.428.6089 / FAX: 303.412.2141

### **CASTLE ROCK**

2352 Meadows Blvd., Suite 300, Castle Rock, CO 80109  
720.858.7470 / FAX: 720.797.2166

### **CENTENNIAL**

14000 E. Arapahoe Rd., Suite 240, Centennial, CO 80112  
303.632.3694 / FAX: 303.632.3692

**RESEARCH:** 303.632.3646

### **DENVER-LOWRY**

ADMINISTRATIVE LOCATION

125 Rampart Way, Suite 100, Denver, CO 80230  
720.858.7600 / FAX: 720.858.7610

**RESEARCH:** 720.858.7510

### **FORT COLLINS**

1136 E. Stuart St., Bldg. 3, Suite 3200, Fort Collins, CO 80525  
970.221.1681 / FAX: 970.221.0948

### **GREELEY**

7251 W. 20<sup>th</sup> Street, Building N, Suite One, Greeley, CO 80634  
970.356.3907 / FAX: 970.356.3825

### **HIGHLANDS RANCH**

9331 S. Colorado Blvd., Suite 100, Highlands Ranch, CO 80126  
303.795.8177 / FAX: 303.797.2166

### **LAKEWOOD/DENVER WEST**

1667 Cole Blvd., Building 19, Suite 200, Lakewood, CO 80401  
303.420.3131 / FAX: 303.420.1984

### **LITTLETON/SOUTHWEST**

6169 S. Balsam Way, Suite 360, Littleton, CO 80123  
303.971.0311 / FAX: 303.948.0339

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



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