

Breathe Better Live Better!

2016/2017

CAAC Opens a New Food and Drug Testing Center



By Leon S. Greos, MD

In the specialty of Allergy and Immunology, we are often called upon to evaluate problems that cannot be handled by other health-care providers. These clinical problems are unique to our specialty and often relate to questions of adverse food or drug reactions. In an

effort to provide an allergy testing service of the highest quality for our patients and our referring physicians, Colorado Allergy and Asthma Centers has developed testing protocols based on current medical standards. Now, we have organized this allergy testing in our new Food and Drug Testing Center.

In this Center, our specialty-trained nurses can administer and oversee the specific diagnostic testing and if indicated, related oral challenges. To be seen in this Center, we first ask our patients to meet with one of our allergists to review the clinical history of the problem. If the evaluation can be done outside of the Center, the allergist will take care of the problem during a designated office visit. On the other hand, if it is more appropriate for the patient's evaluation to be performed in the Center, the allergist will order the appropriate specialty test that needs to be done to address the question in our Food and Drug testing Center. Sometimes, the answer can be determined with skin testing alone. On other occasions, the skin testing is followed by challenges to the food or medication in question. If testing



needs to be done to a variety of foods or medicines in a sequential manner, the allergist would determine the order of the testing. This may require more than one clinic visit. The risks and benefits of all testing and challenges will be discussed with the patient and family before we proceed.

The types and variety of allergy testing performed at our Food and Drug Testing Center is unusual for practices in our specialty. Many of these tests are performed in specialized academic centers and not done in most allergist's offices. Due to our size and collective experience and expertise, we feel that we are uniquely qualified to perform these tests for our patients without the added expense of "facilities fees" incurred at hospital or university settings. If you feel that you may be a candidate for food or drug testing, please discuss your concern with your allergist.



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Did you know that Colorado Allergy & Asthma Centers, P.C. has 2 Clinical Research facilities located in Denver & Centennial? If you are interested in participating in a research study, please visit our website and fill out a Clinical Research Questionnaire and someone from one of our research sites will contact you to determine if you qualify for a current study. www.coloradoallergy.com/research/clinical-trial-participation/

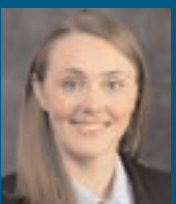
Meet Our Newest Physicians!

Colorado Allergy & Asthma Centers, P.C. is excited to announce the addition of three new physicians to our practice!



Dr. Erin Kempe
Dr. Kempe is board certified by both the American Board of Allergy and Immunology and Pediatrics. Dr. Kempe re-

located from Columbus, Ohio where she worked as an Allergist at Nationwide Children's Hospital. Dr. Kempe is passionate about maintaining strong relationships with her patients, and believes that the patient and the physician are a team when it comes to choosing the right treatment for each individual.



Dr. Andrea Jones
Dr. Jones is a Colorado native and is board certified in Pediatrics and Allergy & Immunology. She completed her residency at

Phoenix Children's Hospital. She believes in careful listening, compassionate care, and practicing evidence based medicine. She strives to form a partnership with her patients in order to determine the best individualized treatment plan and improve their quality of life.



Dr. Monica B. Reddy
Dr. Reddy's passion is clinical medicine. She believes that the foundation of the doctor and patient relationship is effective

communication. She works together with her patients to formulate an effective treatment plan, and practices evidence-based medicine. Dr. Reddy has worked previously at the Children's Hospital Colorado as well as National Jewish Health. She is Board Certified in Pediatrics as well as Allergy & Immunology.



Air Pollution and Asthma

By Katherine Tsai, MD



During the warm weather months, we start to see "summer haze" due to increased outdoor air pollution and ozone related to the warm weather season. Allergic patients with asthma, especially children and the elderly, should be aware of potential adverse respiratory effects of worsening asthma symptoms and hospitalizations.

Living near high-traffic roadways is associated with decreased lung function and increased cardiorespiratory symptoms. A study of California children playing outdoor sports in 2002 has shown that high ozone levels increase the risk of developing asthma. Air pollutants can trigger and worsen the severity of underlying inflammation in upper and lower airways of allergic patients. Recently, air pollution was also found to increase preterm birth risk for women with asthma in an article published in *The Journal of Allergy and Clinical Immunology*, which analyzed data from a national sample of over 200,000 pregnancies¹.

Unfortunately for those located in the Denver-Metro area, traffic-related air pollution is the main source of air contamination. Wildfires and indoor domestic fires are also contributors to air pollution. By monitoring weather reports regarding ozone levels, air quality reports and avoiding outdoor activities on high alert days, patients with allergies and asthma can prevent exacerbations. On unhealthy air quality days, active children and adults with asthma should avoid or reduce prolonged or heavy outdoor exertion during peak levels which occur in the afternoon and evening. For statewide conditions, forecasts and advisories, visit:

http://www.colorado.gov/airquality/colorado_summary.aspx

Our providers and staff at Colorado Allergy and Asthma Centers are dedicated to your health during this summer vacation as well as throughout the year. We welcome all your calls or questions to help prevent and treat allergy and asthma symptoms.

¹ Rothenberg, M & Bousquet, J Early-life exposure to traffic-related air pollution and lung function in adolescence. *The Journal of Allergy and Clinical Immunology*. 2016;137(3):651-652

No need to live with Seasonal Allergies

By Manu Ray, MD



Spring marks the return of runny noses and itchy eyes that leaves many people running to the drugstore for relief. Others, however, have become so

accustomed to the symptoms that they accept them as a part of life, which could lead to health issues, says Colorado Allergy & Asthma Centers' own Manujendra Ray, MD.

"When it comes to severe nasal allergies, we have to worry about what the long-term effects may be on quality of sleep and disease processes like obstructive sleep apnea," Ray says.

Effective diagnosis and treatment can

put an end to the suffering. For most people, skin and blood tests can help zero in on the culprit (or culprits). But sometimes it can be trickier.

"We may have individuals with significant symptoms — sneezing, itching, watery eyes in the spring — but their skin and blood tests come back negative," Ray says. A new test method could help solve the puzzle for these patients who are thought to local allergy syndrome or *entopy*.

"We take an allergen extract, such as tree pollen extract, and we spray it into the nose and look for reactions," Ray says. For some patients, that reaction makes it clear what's causing their symptoms, making a course of treatment clear as well.



Injection vs. Drops

Injectable immunotherapy: Injections that expose patients to extracts of allergens in a slow, graded fashion over time. Can take three to five years, but often results in years of benefit.

Sublingual version: Delivers allergen exposure via oral drops that can be taken at home after an initial clinic visit. Only effective with some allergens and symptom relief may not last if treatment is stopped.

Founders Award Scholarships

The physicians of Colorado Allergy & Asthma Centers, P.C. proudly award four \$1000 scholarships each year to our patients. The scholarships are presented in honor of the four Founding Fathers of CAAC: David Pearlman, M.D., Sanford Avner, M.D., Jerome Buckley, M.D., and John Selner, M.D.

The eligibility requirements are as follows: graduating high school seniors, college undergraduate or graduate students who are in good academic standing and have been accepted or are currently enrolled in an accredited U.S. college. Applicants must be a current patient of CAAC for a minimum of one year as well as a citizen of the United States. Applications and criteria can be found on our website at: coloradoallergy.com/about-us/scholarship/

About a third of kids with **food allergies** report that they've been **bullied** because of them.

It's Not a Joke

Learn how you can make a difference. Visit www.foodallergy.org

 **FARE**
Food Allergy Research & Education

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