

Asthma & Allergy Center

Courteous Competent Care with Compassion

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Asthma & Allergy News

Summer of 2013 Newsletter

Greetings,

Summer has finally arrived! It's time for family outdoor activities to enjoy those extra hours of daylight for the perils and pitfalls of summer with allergies.

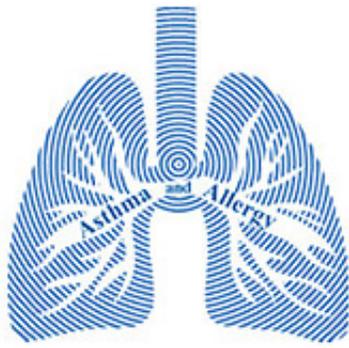
With expert guidance, your patients and their families can enjoy the best of summer brings. At the Asthma and Allergy Center, you and your patients have the best summer ever!

Contact a member of our medical staff at 304-343-4300 for more information.

Insect Sting Allergies

One minute you're sipping soda and munching on a sandwich and the next a hornet or yellow jacket decides to join in the fun. Calmly walk away and the hornet or yellow jacket decides to strike.

More than half a million people each year wind up in the ER for an insect sting/bite, mostly due to an allergic reaction, and



Our Providers

Chandra Kumar, MD

Chang Choi, MD

Mary Lind Veloso, MD

Siwat Kiratiseavee, MD

Melissa Gamponia MD

Jenny Guervich PA-C

Jason Trusty PA-C

Brenda Walker NP

Krystal Smithers PA-C

To Make An Appointment:

Please call 304-343-4300 or leave a [message here](#).

To Refer a patient please call as above or FAX this [Patient Referral Form](#)



We Want to Hear From You!

Help us serve you and your patients better.

Please send us your comments, suggestions and questions. We look forward to hearing

Asthma and Immunology (ACAAI).

Pain, redness and moderate local swelling at the lookout for the following signs of allergic sensitiv after the incident and require immediate medical

- Hives, itching and swelling in areas other than the face
- Chest tightness, difficulty breathing, wheezing
- Swelling of the tongue, throat, nose and lips
- Dizziness and fainting, or loss of consciousness

If you've had any of the above symptoms after a picnic since you have higher than 70 percent chance of a moderate to severe reaction. Compare this with a 2 - 3 percent chance of a moderate local reaction.

An epinephrine auto-injector - adrenaline injection for an allergic attack - can be prescribed and you can administer an injection on the spot if a severe reaction occurs. Much more important, you may need Venom all year long. A serious reaction down to the normal 3%.

Visit the patient education page of our website, [a](#)

Food Allergy and Picnics

Ants, bees and rain aren't the only things that cause food allergies. More than 12 million Americans have food allergies ranging from the mild (itchy bumps and stomach pain) to the severe (swelling of the throat and difficulty breathing).

To be food allergy savvy at your next picnic, whether you have allergies yourself, the ACAAI offers following tips:

- With your invitation ask your guests for any allergies. If you are an invitee, tell the host about your allergies in advance.
- Pack allergenic and non-allergenic foods in separate containers.
- Provide a separate serving utensil for each food item.
- Use individual-sized packets of ketchup, mustard, and other condiments. Prevents cross contamination.
- Carry medications- If you or a loved one has allergies, be sure to have emergency medications on hand and keep them hidden in the picnic treats.
- Grill / cook foods for guests with allergies if possible. Also, allow guests with allergies to dig into the picnic basket.
- Remember the wipes- For get-togethers in fields and water might be tough to come by, so carrying wet wipes and baby wipes helps reduce the likelihood of allergies being passed during play.

from you.

Our Email address:
asthmaweb@msn.com

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- Check cell phone coverage- If your picnic c
can get a cell phone signal in the area to cal

If you or a loved one experience an allergic react
who can pinpoint which food is causing the reacti
to and not worry unnecessarily about what you are
To read more, click [here](#).

Self-Medicating During Allergy Season

Seasonal allergies and asthma may not seem like
are misdiagnosed or not properly treated, the
impairment.

"When patients begin to sniffle and sneeze in the
of the millions of Americans that suffer from sea:
MD, Fellow of the American College of Allerg
sufferers seek over-the-counter relief.

According to the ACAAI, over-the-counter (OTC) |
generation antihistamines, can cause sleep disrupt

- Drowsiness
- Fatigue
- Irritability
- Memory impairment
- Impaired eye-hand coordination
- Increased risk of motor vehicle accidents
- School and work injuries
- Activity limitation

The earlier allergy and asthma are diagnosed an
the less risk they have for other health compl
diseases that, when properly diagnosed and t
allergist Richard Weber, MD, ACAAI president.

***"Anyone with allergies and asthma should be
sleep well at night. No one should accept less."***

To read more click [here](#).

Patients with Asthma More Likely to D

Using data from the NIH funded Wisconsin Slee
approximately 1,500 people since 1988, researche
1.70 times (95% CI=1.15-2.51) more likely to devel

The connection between asthma and obstructive
participants who had developed asthma as child
with 2.34 times (95% CI=1.25-4.37) higher likelih

Researchers also found that the duration of asthi

apnea. For every five-years of asthma duration, the percentage increases by 10 percent.

To read more, click [here](#).

The Asthma and Allergy Connection

Exactly how are allergies and asthma connected? The connection between the upper and the lower airways of the respiratory system is not as clear as you might think. For example, a person with a fever but not asthma is exposed to ragweed or pollen, and the inflammation flares up not only in the nose but also in the lungs. Similarly, introducing an allergen only into the lower airways unleashes inflammatory substances in the nose and sinuses that are completely untouched by the allergen. This close communication between the upper and lower airways is what scientists mean when they refer to asthma and allergies as a "one lung, one nose" condition.

An Alternative to Allergy Shots for Respiratory Allergies

Sublingual immunotherapy, also called SLIT, refers to the administration of allergen extracts under the tongue for two to three minutes and has become an alternative to allergy shots in Europe for many years. The US Food and Drug Administration because of the limited number of allergens and the duration of treatment. Because even its effectiveness was not objective, the data is now available so that more than half of the countries is administered orally; and its off-label use is well as in the United States.

This is because SLIT avoids the need, expense, and inconvenience to the doctor's office for conventional allergy injections. It can be done at home with greater convenience and comfort. Unfortunately, insurance plans do not cover the expense. That discourages more patients when convenience, safety, and no need for needles are to the equation.

Apart from respiratory diseases, recent research with food allergy and in children with atopic dermatitis. Immunotherapy with inhalant allergens in children. Recent position papers discourage its use in children you know that efficacy is higher when immunotherapy is used. ***Sublingual Immunotherapy (SLIT) is available for patients above age 6 years, at all our office locations.***

Why Some Patients Aren't Following the Advice

Health literacy is "the ability to obtain, process, and understand information needed to make appropriate health decisions and follow them."

Unfortunately, nearly one half of all adults in the trouble understanding what the doctor tells them with their treatment regimens, according to the I enough that the chances are good that a few, if not. Here's the catch, though: It's not easy to tell whether they can't comprehend what they are told or give faking it.

Despite patients' adroitness at hiding their inability should be alert for red flags that may indicate registration forms that are incomplete or inaccurate adherence with medication regimens, and lack of tests or consultant referrals.

An even more fundamental reason to make clear of the clinician's effectiveness hinges on it. Studies has a beneficial effect on medical outcomes. The psychological distress, and higher rates of adherence to treatment regimens is strongly influenced. A doctor's clear instructions are associated with improved. To read more click [here](#).

They Found an Allergist

We are sure all clinicians have such success stories to place the following published story in the news. Lorrie M. refers to her family's allergist as "an angel" who turned her son Jacob's life around - from his health to his education. "Everyone in our family has asthma," Lorrie says. "My son has asthma, and exercise-induced asthma. About three times a week he was absent from school a lot, and even though he always had a doctor's attorney to report his high number of absences. Our allergist helped us get him healthy so he could go to school. Lorrie and Jacob first visited their allergist "in tears" because of the known asthma and allergy medications in the family. "I was honest, I was scared." The allergist worked with the family on treatment for him, and even helped the family get the medication they needed.

"I truly believe that our allergist has improved Jacob's life. When she came into her office, I couldn't see the light at the end of the tunnel. Now he's a freshman in high school -- and his GPA has gone from 1.5 to 3.5. Our allergist's guidance has saved us trips to the hospital and absence from attendance and performance at school. Now we feel so grateful for her and her compassion."

For this and other success stories : Click [here](#).

Herbal Remedies Linked to Poor Asthma

Use of herbal remedies results in poorer quality of life for asthma patients, according to a study published in *Journal of Allergy and Clinical Immunology*, the scientific journal of the American College of Allergy, Asthma and Immunology (ACAAI).

Results indicate that patients using herbal remedies have worse asthma control and underuse of prescribed medication is one of the outcomes.

"Patients interested in herbal remedies need to understand that if they use them as an alternative, or they will not maximize their health," said Leonard Bielory, M.D., ACAAI Integrative Medicine Director. "Asthma is a serious disease and needs to be treated with medication. Concerns about medication and use of herbal remedies."

Consumers and patients can take a simple online quiz to obtain a personalized plan on how to get relief from asthma ([HERE](#)).

"Anyone with asthma should be able to feel good about their asthma," said Dr. Bielory. "No one should accept anything less."

Peanut Allergy Testing

Peanut allergy seems to be on the rise in the US. While promising treatments are being researched, the current treatment is to avoid peanut. Because this restriction can have such a major impact on a person's life, it is important that the patient receives an accurate diagnosis. From the home setting, to play dates

The most important factor in making an accurate diagnosis is a detailed history of the circumstances and the type of reaction. Specific IgE blood tests and skin prick tests are used to make a diagnosis. In situations where the history is unclear, a supervised food challenge in the allergist's office is necessary to confirm the absence of suspected allergens (peanuts). (This same approach is applied to any other food or peanut.)

To read more click [here](#).

Does It Matter What I'm Allergic to?

It's definitely helpful to understand what triggers your allergies. Having difficulty controlling them with over-the-counter medications like sinus infections or asthma, or feeling so run down that you can't go to school. Symptoms can be hard to interpret, but

that help find answers.

A patient with allergic sensitivity to pollen, for minor exposure. But with heavy exposure or other mites, the allergy threshold may be exceeded and

That's why some patients have symptoms mainly allergic to pollen. They may also have allergies. If allergens were reduced, they might be able to tolerate

Regarding allergy shots, and now the Sublingual they could be depends on the severity of symptoms inhaled allergens such as pollens, pets, dust mites and other allergens so that the patient can tolerate much

This tolerance continues even after the course of treatment. You may need allergy shots again.

To read more, click [here](#).

Can Tick Bites Cause Food Allergies?

Strangely, there has been a problem noticed in the United States, and now in many other parts of the country (ticks such as *Amblyomma americanum*) and have become allergens (e.g., deer, bison etc.).

They get symptoms of food allergy: itchy throat, bronchospasm, and even anaphylaxis, usually after eating an allergen has been traced to a carbohydrate: galactose-1-4-galactose (alpha-gal) present in the saliva of these ticks, and also present in mammalian meat. Allergic reactions occur after ingestion of mammalian meat. Allergic reactions to gelatin made from beef or pork, or other meats, are due to amounts of alpha-gal. The 3 to 5 hour delay in the onset of symptoms is due to alpha-gal being tightly bound to the meat proteins and intestinal absorption. For this reason, it had been difficult to diagnose allergies with these foods until a few years ago.

At Asthma & Allergy Center we are at your service for patients with any type of food allergies. Besides the most common food allergies, more than 90% of the food allergies, we have 50 more food allergies that a patient suspects or requires it. We can do food patch tests for hundreds of foods including the elusive Alpha-Gal.

To read more about ALPHA-GAL click [here](#).

Food Allergy to Melons?

Oral Allergy Syndrome (also called Food-Pollen Allergy) is a condition where fruit and vegetable proteins are genetic cousins. People allergic to ragweed pollen may experience symptoms with melon, cantaloupe and watermelon; and those allergic to birch pollen may experience symptoms with apples and carrots - especially during the respective pollen seasons. The most common symptom of this disorder is a

Unlike proteins in peanut or shrimp, known to cause allergic reactions, vegetable proteins break down quickly when exposed to heat. They are unlikely to be absorbed into your bloodstream. However, if the amount of food ingested is large, it can cause an extreme, respiratory obstruction from tongue or throat swelling. As with all allergy symptoms, patients who experience these symptoms should see an allergist for a full evaluation.

To read more click [here](#).

With expert help, effective disease management, and advance planning, patients with allergies and asthma can live better lives.

All of us at the Asthma and Allergy Center wish you the best.

Sincerely,

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