

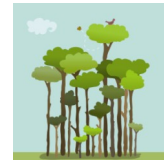
Achooo Newsletter



NORTH TEXAS ALLERGY AND ASTHMA ASSOCIATES

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Making the Most of Your Spring Allergy Visit

Spring is the busiest time of year at your allergist's office as patients begin experiencing the first symptoms of seasonal allergies, or 'hay fever.' An estimated 35 million Americans suffer from allergies to pollen and mold, according to the American Academy of Allergy, Asthma & Immunology. Symptoms include sneezing, a stuffy or runny nose and itchy, watery eyes. If you're planning to see Dr. Galicia or Dr. Gupta this spring, make sure you get the most from your appointment by writing down your questions and concerns ahead of time. Let us know if:

- 1. You have any new symptoms** or symptoms that are worse than in previous years. Be sure to mention if you experience coughing, difficulty breathing or loss of sleep, as these can be signs of asthma.
- 2. You have missed school or work** due to allergy or asthma symptoms. It's very important that you report any related hospitalizations or visits to the emergency department. Your allergist can help you gain better control of your allergies and asthma.
- 3. You are taking any medications**, even if they are over-the-counter. This includes any herbal supplements. This information will help your allergist prescribe safe treatments.

You might also want to ask these questions:

- 1. Am I currently on the best treatment plan?** With proper treatment, most allergies and asthma can be managed so they do not interfere with your quality of life.
- 2. What steps can I take to avoid allergy symptoms?** There maybe simple changes you can make to prevent reactions.
- 3. What other treatment options are available?** This may include allergy shots, less expensive medications or home remedies.

Visit the AAAAI Web site (www.aaaai.org) for information on preventing seasonal allergy symptoms, to learn more about allergy medications or check pollen counts in your area.

Obtained from the AAAAI Web site at www.aaaai.org.

DID YOU KNOW?

In most parts of the country, trees are the first plants to pollinate, beginning in early spring. Grass pollen is present in the early summer months and weed pollen (such as ragweed) arrives in the late summer and fall. Allergy sufferers in many areas get relief in winter months when pollen levels are extremely low. Not so in Texas, where highly-allergenic cedar trees peak in January

Office News:

- We will be performing asthma screenings on April 17, 2009 at Baylor Hospital of Plano in Plano Conference Room A and B. The hours of the health fair will be 7:30 to 10:30 AM.
- Expanded shot hours at our Presbyterian office: We are now open every Saturday morning from 8 am to 10:30 am.
- The allergen extracts used in our allergy shots has been switched to Alk-Abello products. If your symptoms are not well controlled on the current regimen, please schedule an appointment to discuss options.

Offices:

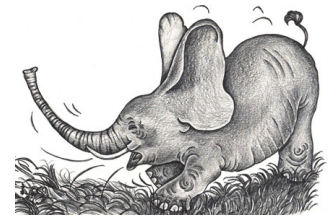
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We're on the web!
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Our staff excels at providing you and your family with personalized and excellent health care. Our emphasis involves intertwining education, medication, and proven medical modalities. We specialize in the treatment of nasal allergies, asthma, eye allergy, sinus disease, and allergic skin disorders. Our office performs the following procedures: allergy skin testing, allergy RAST testing, spirometry (pre and post bronchodilator), ear irrigation, and patch testing.

Long-lasting cold symptoms may be sinusitis

If your stuffy nose and headache last for more than two weeks, it may be more serious than a cold. Cold and allergy sufferers are more likely to develop sinusitis.

An estimated 31 million Americans develop sinusitis each year, leading to 18 million physician visits and \$5.8 billion in overall health expenditures according to the AAAAI.

“Early on, the symptoms of colds and sinusitis are similar,” said Dr. Sandeep Gupta. “But if symptoms are worsening after 3-5 days, or if they are present for more than 10 days, then sinusitis is the likely culprit.”

Sinusitis occurs when drains in the sinus cavities – hollow areas behind the forehead and cheeks – become blocked due to inflammation caused by a cold or allergies.

The blockage prevents mucous from draining normally, leading to infection.

Sinusitis is easily recognized by a green or gray nasal discharge, foul tasting post-nasal drip, facial pain/pressure and/or light fever.

Sinusitis can last for months, or even years, if not properly treated. A physician will typically prescribe antibiotics to treat the infection and patients may also use decongestants to relieve stuffiness.

An allergist/immunologist is the best-qualified medical professional to diagnose and treat underlying allergies that contribute to sinusitis. For more information about sinusitis and controlling allergies, visit www.aaaai.org.

Obtained from the AAAAI Web site at www.aaaai.org.



Is it allergies, a cold, or something more?			
	Allergies	Common cold	Sinusitis
Symptoms	Runny, stuffy nose Headache Scratchy throat	Allergy symptoms, plus fever and/or body aches	Pressure/Headache Green or gray discharge Foul post-nasal drip
Onset	Symptoms appear immediately or shortly after exposure to triggers	Symptoms develop over several days	Infection often follows cold or allergy symptoms
Duration	As long as triggers are present; Maybe seasonal or chronic	One to two weeks	More than two weeks; Will persist until treated
Treatment	Over-the-counter or prescription medications, Immunotherapy, Nasal washings	Drinking fluids, Lots of rest, Humidifier, Chicken soup	Physician diagnosis, Antibiotics, Decongestants, and/or Antihistamines

Source: AAAAI