

learn

CAROLINA
SINUS &
ALLERGY NEWS

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Allergy Technician Leisa (left) with Patient Catherine from Hickory. Catherine: " Prior to starting allergy shots at Carolina Sinus & Allergy, I was having lots of sinus infections, migraine headaches, and missing work. Since taking my allergy shots, I cannot remember my last sinus infection, and I rarely have migraines. The shots have really helped."



NEW YEAR, NEW YOU



Making Allergy Care A Priority Can Really Make A Difference

As we start 2013, Carolina Sinus & Allergy wants to offer one suggestion for your New Year's Resolutions. If you have been less consistent in the past getting shots than you would like, we want to encourage you to make the commitment to come regularly for your allergy shots. Remember that you will be

rewarded in the long run for your consistency with a greatly increased chance of diminishing allergy symptoms and other related allergy problems, such as recurring sinusitis, asthma flares, eczema problems, and other related medical conditions. We offer tremendous availability for you to receive your shots, in addition to having 3 different locations to serve you.

Happy New Year! Here's to a New and Improved You!!

RESOLVE TO GET BETTER

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Carolina Sinus & Allergy

HERE TO HELP



2013

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Oral Allergy Syndrome	OAS	Food	Associations
<p>Oral Allergy Syndrome (OAS) is a food sensitivity. It is defined as itchy and scratchy mouth symptoms caused by raw fruits and vegetables. OAS occurs in patients who have inhalant allergies as well.</p>	<p>Onset Occurs in older children, teens and young adults</p> <p>Symptoms Itchy mouth and throat, itchy ears, lip swelling. No other symptoms occur.</p> <p>Related To SEASONAL ALLERGIES. Seasonal allergy symptoms usually develop prior to OAS symptoms.</p>	<p>BIRCH POLLEN APPLE, PEACH, PLUM, PEAR, CHERRY, CARROT, ALMOND, HAZELNUT</p> <p>GRASSES TOMATO</p>  <p>BIRCH POLLEN</p>	<p>RAGWEED KIWI, BANANA, MELONS, CUCUMBER, ZUCCHINI</p> <p>Raw vs Cooked Cooked foods or vegetables do not cause OAS, only raw foods.</p> <p>Treatment Usually not required because symptoms resolve shortly after removing the offending food or eating it</p>

Peanut Allergy

Peanut allergy appears to be increasing, according to a recent study of children from 1997 - 2002 that showed the problem almost twice as high as previously reported. Reactions can be severe, and occur based on the sensitivity of the individual and the amount eaten.

There can be cross contamination in handling of other tree nuts. If your child has a known peanut allergy, avoiding tree nuts completely is the safest option.

There are other potential sources of peanut exposure which you might not think of. Although the items listed below do not always have peanut in them, it is wise to read labels carefully. These foods include:

1. Sauces such as chili sauce, hot sauce, pesto, and mole sauce
2. Some sweet foods, i.e. pudding, cookies, hot chocolate
3. Egg rolls
4. Asian and Mexican dishes

There is some good news. More recent studies have shown that up to 20% of children with peanut allergy will outgrow it.

Shellfish Allergy

Nearly 7 million Americans are allergic to seafood, including fish and shellfish. Unfortunately, this allergy is a lifelong problem with no cure. More than half of patients with this allergy have their first reaction as an adult.

Strict avoidance of seafood is the safest approach. Some ideas to help include:

1. Read ingredient labels carefully
2. Avoid fish markets
3. Avoid areas where fish is being cooked. Shellfish proteins can be released in the steam from cooking and become airborne

Many patients have concerns about whether iodine should be avoided by patients with shellfish allergies. Allergy to iodine and allergy to radiocontrast materials used in imaging are not related to shellfish allergy. That is great news for our patients with shellfish allergy!



Do your allergies bother you indoors? One option to consider is a High Efficiency Particulate Air (**HEPA**) **filtration device**. These devices are rated to remove **99.97%** of particles that are 0.3 micrometers or larger. There are also vacuum cleaners with HEPA filters. Taking this step may help you breathe more freely!

Carolina Sinus &
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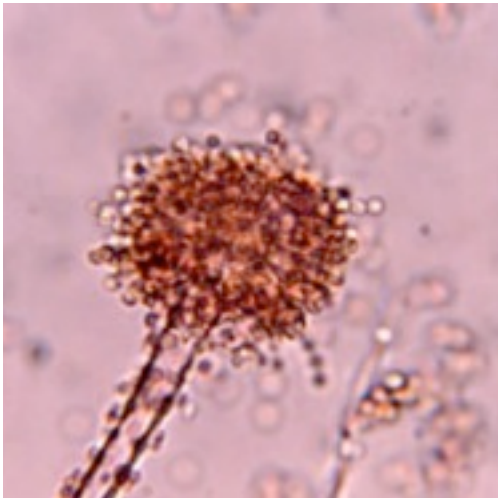
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OFFICE LOCATIONS

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A Mold Moment

Mold exposure can be a source of significantly increased winter allergy symptoms. The picture of *Aspergillus* to the left is pretty, but chronic exposure to this and other molds can be potentially devastating. Mold needs moisture to grow, so limiting or preventing sources of moisture in your home can help. Several areas to examine include roofs, humidifiers, damp crawl spaces or basements, and venting for clothes dryers.

Other proactive steps you can consider include: (A) make sure humidity levels are no greater than 50% (B) use an air conditioner or dehumidifier during humid months (C) Ensure adequate ventilation in your home (D) Use paints with mold inhibitors (E) Clean bathrooms with mold killing products (F) No carpet in bathrooms or basements (G) Remove previously soaked carpets or fabrics

healing

STRIVING EVERY DAY TO IMPROVE
THE SINUS & ALLERGY HEALTH OF
OUR PATIENTS

YOU HAVE A CHOICE IN ALLERGY CARE.
THANK YOU FOR ENTRUSTING YOUR
CARE TO CAROLINA SINUS & ALLERGY.



A Division of Carolina Ear, Nose & Throat
Head and Neck Surgery Center