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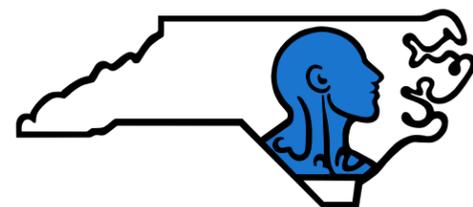
New Pediatric Allergy Program NO MORE SHOTS!



Treating children who suffer from allergies can be a challenge. It is not always easy to help them understand why they need allergy testing. If testing successfully identifies allergens that need to be treated, bringing a child into the office for weekly shots can be upsetting. Carolina Sinus & Allergy is pleased to offer Allergy Drops (Sublingual Immunotherapy) as a new option for immunotherapy in children. What will your child think is the best part? **NO NEEDLES!!** The treatment is accomplished by placing drops under the tongue on a daily basis. Over time, the body builds up immunity to those substances contained in the drops.

This form of treatment is not yet FDA approved, but has been used in Europe safely and successfully for many years. The allergenic extracts used to make the drops are FDA approved. While allergy shots are the gold standard for immunotherapy for several technical reasons, allergy drops can provide children a good option for treatment without subjecting them to one or more weekly shots. The drops are given at home, and can be kept at room temperature. They even have what most would call a pleasant taste. Check with one of our doctors to see if Allergy Drops (Sublingual Immunotherapy) would be a good treatment option for your child.

*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

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Editor



OUR ALLERGY HEALTHCARE TEAM
READY TO WORK WITH YOU TO CONTROL YOUR
SINUS AND ALLERGY SYMPTOMS

Trusted Advisors

There have been many recent advances in sinus and allergy care. With so many new options, it can feel overwhelming trying to make sense of it all. Some prescription steroid nasal sprays are available over the counter. New tools for the surgeon include hydrodebridors to clean out sinuses, and balloon sinuplasty to dilate sinus openings to re-establish normal sinus drainage. There are also novel ways to deliver medical therapy and immunotherapy, including sublingual (under the tongue) or nebulized (altered particle size of liquid medicines). Which patients will benefit the most from these newer treatment approaches?

In a time of change, reliable advice from a trustworthy source is needed more than ever. The doctors at Carolina Sinus & Allergy are your solid resource for updates on new treatment options, and your trusted guide to appropriately customize your treatment plan. With special sinus and allergy training and expertise, visit one of our doctors to make sense of all the treatment choices with steady advice you can trust.

Carolina Sinus & Allergy

HERE TO HELP
2014



CAROLINA SINUS & ALLERGY NEWS

A Division of Ear, Nose and Throat
Head and Neck Surgery Center, P.A.

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WHAT'S ALL THE *BUZZ* ABOUT?

Insects that sting are small, but reactions to their venom can be quite large. In fact, roughly 3% of adults and 1% of children have life threatening reactions when exposed to venom. While carrying epinephrine and benadryl are good precautions to take, experiencing one of these reactions can be scary. If you think you have had a reaction to a stinging insect in the past, talk with one of our doctors about getting tested, and if indicated, treated. Shots for stinging insect allergies are very good at preventing repeat problems, lowering a patient's odds to less than 2% for a serious repeat reaction. If you do have stinging insect allergy, there are some steps you can take to lower your risk for being stung. Some of these include: (1) avoid brightly colored clothes (2) avoid colognes or perfumes (3) wear shoes, long pants, and long sleeves when outside (4) avoid soft drinks and sugary foods (5) keep your garbage can lids closed and clean. Most serious reactions to stinging insects are preventable or controllable by lowering your risks through the steps above, having the right medicines for treatment, and receiving venom specific immunotherapy.



THUNDERSTORM ALLERGIES: WHEN IT RAINS, IT SPORES

Some patients notice breathing difficulties during thunderstorms. These problems may in fact represent asthma flares, and the symptoms vary from mild to extreme in severity. Why does this happen? Molds are known to be a significant problem in rainy weather, with levels spiking during these periods. In addition, new evidence suggests that pollens, like grass or weed pollen, may burst during a thunderstorm, forming smaller allergenic pieces that can travel further into the lungs and precipitate asthma flares. If this type of weather causes breathing difficulties in you, there are some precautions you can take. Stay inside during rain or thunderstorms, keep windows closed, and run the air conditioner. Shower before bed and make sure you have a rescue inhaler from your doctor. Review your asthma action plan and discuss the need for any asthma maintenance medications. During the rain, stay dry, and stay safe.

FALL ALLERGIES: DON'T LET THE SIGNS CONFUSE YOU



Does the start of Fall season mean the start of your allergy symptoms? Do your sinus problems begin during this season? Don't let sinus or allergy symptoms cause you confusion. One of the important advantages of being a patient at Carolina Ear, Nose & Throat is that your ENT doctor is specially trained to help figure out what your symptoms mean. Correctly identifying your problem leads to timely and effective treatment, and shortens the time you have your symptoms. Whether you are having an allergy flare, or having sinus infections related to your allergies, work with one of our doctors to get better faster and limit the confusion.