

# Asthma & Allergy Center News

## Spring 2017

Maestro, let us play a tucket on those  
fiddles! Let them ring!

Let the bells chime! Let a sanctus slide,  
echo down the Ohio,

Up the Kanawha, the New, the Elk.

Sing those liquid notes of  
the rivers.

"Mountain Water makes the  
difference," the old slogan said,

And still does.

Moonshine and Spring-shine, cold and  
fire have tempered our blood

And here we yet stand. Here we dream  
and begin again.

From "A Song For West Virginia" By  
Irene Mckinney, Poet Laureate of West  
Virginia.

After a bumpy start, spring is  
finally here, and with it the  
spring allergy season. Before  
starting outdoor activities, we  
need to get ourselves and our  
families ready with the right  
tools and the right plan to take  
on the allergies and asthma  
exacerbation that sometimes  
come with the season.

Here at the Asthma and Allergy  
Center, we want to provide the  
tools you need to keep you and  
your family healthy through  
spring and beyond. If you or a

## Could These Be Diagnosed Too Often?

One of the most common food  
allergies diagnosed is to peanuts  
and/or tree nuts. Adverse reactions to  
nuts can lead to anaphylaxis, a severe,  
sometimes fatal condition. Persons  
who are diagnosed with a nut allergy  
are advised to carry an epinephrine  
auto-injector and to avoid ingestion of  
ALL TREENUTS. A new study  
shows, however, that this may not  
always be necessary.

Recently published in the Annals of  
Allergy, Asthma and Immunology, the  
scientific publication of the American  
College of Allergy, Asthma and  
Immunology, research shows that  
persons allergic to a single tree nut  
may not always be allergic to all tree  
nuts. The study recommended that  
those with history of reaction to a  
single tree nut should have blood tests  
for the other tree nuts too, and if  
positive, oral food challenge tests for  
definitive diagnosis of any additional  
tree nut allergies. This is important if  
you'd like to include the other tree  
nuts, the ones you've never had an  
allergic reaction to, in your diet.

## What's the Difference?

You may assume that all Nuts are  
nuts. Not so. While tree nuts are fruits  
of trees, Peanuts, though called nuts,  
are really "beans" from the legume  
family and do not cross-react with  
tree nut allergy. Some other legumes  
we all know are soy beans, kidney  
beans, peas and lentils, although they  
usually do not cross react with peanut  
allergy.

Tree nuts like pecans, walnuts,  
almonds and cashews are actually

member of your family have questions or concerns about asthma, allergies or their treatment, call us at 304-343-4300 or visit our website [www.asthmaweb.com](http://www.asthmaweb.com).

We are here to serve you.

## Facts & Statistics: USA

16.9 million adults and 6.7 million children had Hay Fever symptoms in the last 12 months.

4.2 million Americans report had food allergy symptoms in the last 12 months.

Allergic diseases, which include asthma, are the fifth most prevalent chronic diseases in all ages, and the third most common in children.

Asthma results in 456,000 hospitalizations and 2.1 million emergency room visits annually.

One in every six doctor office visits is for Asthma.

Asthma Mortality is 1.1 per 100,000 per year, most of it easily preventable with medical care

## Don't Let Allergies Ruin Your Celebration

Getting hitched? Everyone wants their special day to go off without a hitch. Amongst all the planning, something we may overlook is planning for those allergies. These tips from the

fruit.

The only way to know your specific food allergies is to get a proper diagnosis from an allergy expert using skin tests, blood tests, oral food challenge etc. as necessary.

## Asthma-COPD Overlap

Healthcare providers and allergists know that telling the difference between Asthma and COPD can be difficult, especially if the patient is a smoker or ex-smoker, has past history of Asthma and is of an advanced age. Conventionally the term COPD has been applied to end result airway damage caused by smoking. In less developed countries COPD often occurs from long term exposure to coal or wood smoke. Some asthmatics can develop the same end result lung changes from asthma alone, having never smoked. To complicate matters further, smokers with allergies can have both Asthma and COPD. The term Asthma COPD Overlap Syndrome (ACOS) helps us retain awareness of the needs of those patients, especially since most guidelines address COPD and Asthma as stand-alone illnesses.

With such a large choice of inhaled medications in different combinations available in the market now, a discriminating provider who understands the above differences can find just the right inhaler for the patient.

## SLIT Added as an Option to Control Asthma Symptoms and Reduce Risk

Quality asthma care involves not only initial diagnosis and treatment to achieve symptom relief and asthma

American College of Allergy Asthma and Immunology website can help limit allergy concerns on the big day.

### Take it easy

On colognes and perfumes. Some guests or members of the wedding party may be sensitive to strong scents which may cause sneezing, wheezing, headaches, rashes or trouble breathing. If members of the wedding party have these sensitivities, make sure to note this as part of the invitation. Consider wearing less perfume or cologne to decrease adverse reactions.

### Animal Control

A newer trend in weddings is to include pets or shelter animals as part of the wedding to raise awareness. Be certain to ask members of your wedding party about their allergies as they will be in close contact with the animals.

### Flameout

Candles are beautiful and commonly used in many ceremonies. Perfumed candles, especially if too many, can cause an allergic reaction or trigger asthma. Consider replacing these with LED candles.

### Medications

In the excitement of the occasion remember not to miss your regular allergy or asthma medications. And be sure to have your Rescue meds within

control, but also long-term measures to maintain control and prevent long term lung damage.

Asthma control focuses on two domains: (1) reducing impairment—the frequency and intensity of symptoms and functional limitations currently or recently experienced by a patient; and (2) reducing risk—the likelihood of future asthma attacks, progressive decline in lung function (or, for children, reduced lung growth), or medication side effects.

Achieving and maintaining asthma control requires providing appropriate medication, addressing environmental factors that cause or increase symptoms, helping patients learn self-management skills, monitoring over the long term to assess control and adjust therapy accordingly.

Once the symptoms are controlled the underlying allergies causing the asthma must be diagnosed and treated. Allergy injections have been found to be the most effective treatment of the causal allergies. In recent years Oral Drops, also called Sub Lingual Immuno-Therapy or SLIT, have been found to be equally effective and more convenient. However most health insurance plans only cover the injections so far.

To read a detailed report on the subject prepared by John Hopkins University on behalf of the National Institute of Health click [here](#) or visit the Patient Education page of our website at [www.Asthmaweb.com](http://www.Asthmaweb.com).

## Can reducing cockroaches in the home improve asthma outcomes?

easy reach.

## Menu Planning

Find out if any of your guests have a food allergy by placing an extra line on the RSVP card to notify you.

## A Pollen Plan

Outdoor weddings are great except if the bride, bridegroom or important guests have tree or grass pollen allergies. Keep that in mind before you plan the venue for that very important day.

## Friendly Flowers

You can't have a wedding without flowers! However, some flowers are more allergy-friendly than others. According to Teleflora's website: Begonia, clematis, columbine, crocus, daffodil and geranium are some of the most allergy-friendly plants and flowers. Hosta, hydrangea, iris, periwinkle, rose, tulip, zinnia and more are also known for being good choices.

## Bee Free

For weddings held outdoors, make sure the area is not frequented by bees, hornets or yellow jackets. Remind the allergic guests to bring their Epi-pens with them, or ensure there is a screened or indoor area for them.

Planning may not sound romantic, but neither is attention being torn from the bride and groom due to an allergic reaction.

Allergy to cockroach 'fluff' is common in patients, especially children living in homes with such infestation. The recommended strategy for total cockroach eradication can be costly. A new study published in the Journal of Allergy and Clinical Immunology has shown that simple cockroach bait use in homes of patients with cockroach sensitivity results in improved asthma outcomes, reduction of asthma exacerbations, fewer asthma symptoms, improved lung function, and fewer healthcare visits.

For more information, click [here](#).

## Tips to Battle Spring Allergies

Spring allergies are never a walk in the park, but they don't have to take away all the fun! Here are some simple ways to avoid sneezing, watery eyes and runny noses.

## Spring Cleaning

Not only does a deep cleaning make your home nicer, it can rid your home of mold and pet allergens that can trigger allergic reactions. Frequent vacuuming of carpets, upholstery and washing bedding can help. Make sure you use a good mask and HEPA filters on your vacuum cleaner.

## Change Your Furnace Filters

Make sure the filters is on your central or room air conditioners are replaced frequently. Use HEPA filters. HEPA stands for High Efficiency Particulate Arresting Filter. They are supposed to filter out particles as small as 0.3 microns, thus ensuring an allergen free air output.

## Pollen Power

**We are always ready to serve you at following locations:**

**Charleston WV  
Beckley WV  
Logan WV  
Ripley WV  
Parkersburg WV  
(also serving Marietta and Belpre OH)**

**Our Providers**

**Chandra M Kumar, MD  
Chang Choi MD  
Siwat Kiratiseavee MD  
Melissa Gamponia MD  
Tarun Kumar MD  
Mely Lim MD  
Jason Trusty PA-C  
Krystal Smithers PA-CLeAnn  
McKay PA-C  
Jessica Dearman PA-C**

**We want to hear from you!**

Help us serve you and all our patient better. Please send us your suggestions, questions and comments.

We look forward to hearing from you!  
[drkumar@wvaac.com](mailto:drkumar@wvaac.com)



Many with allergies may not realize that they also may have asthma. Studies show that almost 1/3 of people with allergies also have asthma. Symptoms that suggest undiagnosed asthma: cough at night, cough with exercise, cough lasting more than two weeks after a common cold, prolonged cough after crying or laughing,

**Close the Windows**

While it is enticing to open the car and home windows to let in the fresh air, you are also opening your home and vehicle to pollen. The pollen settles on upholstery and carpets and continues to cause allergy symptoms even after the window is closed.

**Get Expert Help**

Ask us if you have any questions or visit the patient education page of our website [Asthmaweb.com](http://Asthmaweb.com).

**More information**

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At the Asthma and Allergy Center, we want to make sure you have all the information you need to live well with asthma and allergies.

Sincerely,

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