



July 10, 2015

### **Dilley Allergy and Asthma Specialists Quarterly Newsletter**

Dear Patient(s):

We have had a much welcomed rainy spring and summer and all our lawns are much healthier! Medina Lake levels went from 4% capacity to 75% capacity as of the date of this letter and that is certainly nice to see as many enjoy the beauty of that lake and all the fun activities to be had.

The summer months are generally milder for pollen allergies but tough for mold allergy sufferers. This summer we saw weeds, grasses, and even ragweed appear on local allergen counts and it certainly occurs when we have ample rain. We may also have exposure to smoke from Mexico and African Saharan dust in the summer months. These are generally irritants and can aggravate sinus problems and asthma. Your usual allergy medications are less effective and it is best to limit outdoor activities these days.

The stinging and biting insects are also more active from April through end of fall and if you are allergic it is best to avoid exposures as much as possible. If you are allergic to insects, be careful when outdoors and always keep an Epi-pen or similar epinephrine device available in case of an anaphylactic reaction. Make sure a parent is watching over children with insect allergies and an adult should have a “buddy” close by trained on the use of the epinephrine device in case of emergency. If the epinephrine is used call 911 or get to the nearest hospital if you have a stable situation.

The next pollen seasons are the weeds from July through September and Ragweed from September through late October. Interspersed levels of mold and grasses may be seen as well. I

have seen many children have asthma difficulties with pigweed in July and August. It is important to be on your preventive allergy and asthma medications prior to your peak allergy seasons.

Indoor levels of dust mite allergens are highly elevated when humidity is high and especially if the humidity in your home is >40%. If you have greater allergy, sinus and asthma problems after it rains it may be dust mites and not molds triggering your symptoms.

Allergy immunotherapy is the most effective treatment for all allergens (pollen, molds, dust mites, animals) and insect allergies. Speak to either myself or Dr. Calabria at your next visit or set an appointment to discuss whether you are a candidate. Insurance generally covers this treatment. New Allergy Tablets that melt under your tongue are FDA approved for certain grass and weed pollens and may be covered on some insurance plans.

Sublingual Immunotherapy(SLIT) may be soon available at our office and though effective will not be covered by your health insurance as these are not yet FDA approved. The benefits of SLIT are that you can treat at home and there are no needles. The risks of anaphylaxis (serious allergic reaction) are lower than Injection immunotherapy but in order to benefit from SLIT you must take the drops under your tongue every day and the course is generally three years. With injections you come in twice a week initially but can maintain every 2-4 weeks once your maintenance is achieved. As such, compliance or consistency with SLIT is poor due to having to remember to take on a daily basis in order to benefit from therapy.

Dr. Calabria and I are Board Certified in Allergy and Immunology. We have had to take an additional 2 years of training along with taking a comprehensive exam in Allergy, Asthma and Immunology. We offer highly specialized testing and treatment that is individualized to your needs. We thank you for the trust you have given to us in caring for you, your families and friends.

Sincerely,

Dennis E. Dilley, MD

Medical Director