



INTERMOUNTAIN ALLERGY & ASTHMA

SUMMER 2007 NEWSLETTER

www.intermountainallergy.com

801-363-4071

From the desk of: Dr. Anthony Henry

What's all the Bzzzz about?

Did you know that up to 5% of the population is at risk for a life-threatening **allergic reaction to bee stings**?

Did you know that most patients are unable to identify which "bee" (honey bee, yellow jacket, hornet, or wasp) was responsible for the sting?

Did you know that a history taken by a board-certified allergist and undergoing allergy testing can more accurately identify which bee was responsible for the sting?

Did you know that allergy skin testing to specific bee venoms is generally preferred over allergy blood testing for specific **bee venoms** in evaluating bee sting allergy?

Did you know that identifying which bee was responsible for the sting can be helpful in discussing treatment and avoidance measures?

Did you know that allergy shots to the specific bee venom (venom-specific immunotherapy) can markedly **reduce the risk** for a future life-threatening allergic reaction to a sting from that specific bee?

Camp Wyatt – Asthma Camp with the American Lung Assoc of Utah

For one week in July, the ALA of Utah provides a camp experience to kids with asthma, ages 8-12. At Camp Wyatt, just outside Tooele, life becomes fun!

While teaching about lungs and lung health, Camp Wyatt features 24-hour medical care, a pharmacy, physicians, nurses, and respiratory therapists, plus a swimming pool with lifeguards, cabins with bunk beds, canoeing, a rock wall, crafts, and MUCH MORE! Affordable for everyone.

Apply today: Call 801-484-4456 or email Allison:
allison.utah.lumng@gmail.co.

Intermountain Clinical Research A subsidiary of Intermountain Allergy & Asthma is currently conducting the following studies

- > Asthma
- > Low back pain
- > Osteoarthritis of hip or knee
- > Irritable bowel syndrome
- > Children with allergies
- > Athlete's foot
- > Sun damaged skin
- > High blood pressure

To make referrals or for more information about these studies, call 801-532-4526 or visit our website
www.icrtrials.com.

Global Warming Will Increase Allergies

(From "Get Out Your Handkerchiefs," Sharon Begley, Newsweek 6/4/07)

A plant physiologist at the USDA compared ragweed growing in urban lots with ragweed in rural fields and discovered the dark side of sunny claims that global warming will produce a "greening of planet Earth." Urban ragweed grows three to five times bigger than rural ragweed, starts spewing allergenic pollen weeks earlier...and produces ten times more pollen. In as few as 20 years the whole world will have CO₂ levels at least as high as some cities do now.

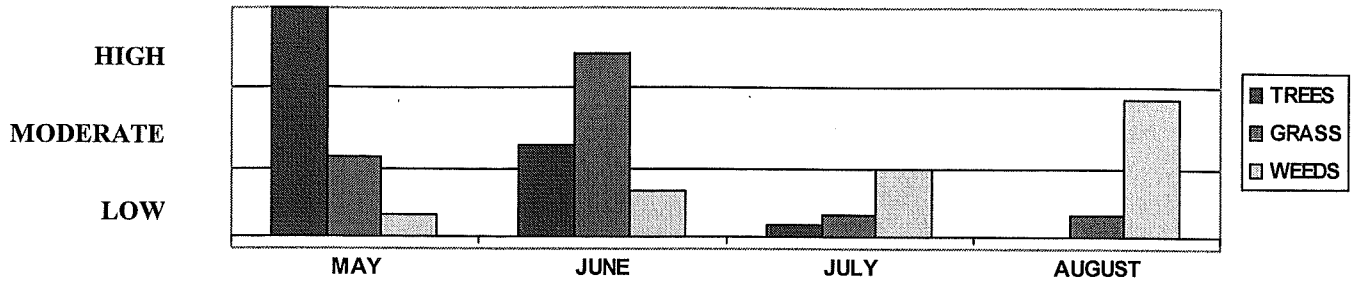
Warmth and abundant CO₂ are great for plant reproduction. Monitoring stations are recording higher pollen counts for allergenic grasses and trees, led by birch and hazel. Those counts are rising earlier each year: the warming already underway is shifting the pollen season by almost one day per year. By 2017, you'll be reaching for tissues nine days sooner

than you do now. "There will be itchy eyes and wheezing in January," predicts Harvard's Paul Epstein. [And] in a greenhouse world pollen will be not only more abundant but more allergenic. As climate changes due to the greenhouse effect, hay fever sufferers would do well to lay in copious supplies of Kleenex.

For a bad pollen season (beyond investing in tissue):

1. Central air is much better than a swamp cooler at keeping pollen outside.
 2. Sleep with your windows closed at night.
 3. Change clothes and shower in the evening to remove pollen.
 4. Use prescribed allergy medicines as directed to treat or (better) prevent allergy symptoms.
 5. See your allergist early in the pollen season -- before you're miserable!
- Duane Harris, MD*

AVERAGE SUMMER POLLEN LEVELS



For the daily pollen count M-F, visit our website: www.intermountainallergy.com



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Proper management of allergy & asthma increases wellness and decreases cost and suffering.

- We offer allergy and asthma education services.
- Our education specialists work with groups and individuals on health fairs, school presentations, and seminars.
- **801-363-4071**