



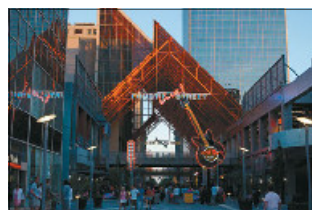
Physician Allergy Times

Summer 2006

Published as a service to our customers

2nd Annual Allergy Conference and Training Seminar (ACT 2006)

This fall, Commonwealth Medical Laboratories will host our second annual allergy conference in Louisville, KY at The Brown Hotel. This year's conference will focus on the basics of incorporating in vitro allergy testing into your practice. The topics will include clinical physical signs of allergy, taking a proper history, ordering in vitro allergy tests, treatment options that include sublingual immunotherapy and emergency treatment. Much of the material is a good refresher for those who have incorporated in vitro allergy testing into their practice and it is ideal for those interested in adding this new revenue center.



4th Street Live! is Louisville's new, downtown entertainment district conveniently located close to The Brown Hotel.

ern VA ENT, **Reneé DeWitt, RN, MA, CML** and **Connie Mardis**, Diagnostic Products Corporation (DPC).

Louisville offers many options for sightseeing, shopping and dining. The Brown Hotel is conveniently located next to 4th Street Live!, Louisville's new, downtown entertainment district. For additional information about The Brown Hotel, visit their website at www.thebrownhotel.com.

Whether you would like to enhance your allergy practice or add allergy as a new revenue center, this conference has a lot to offer. A certificate of completion and attendance record will be available for validation of course attendance.

For additional information, call Carol Bennett at 800-222-5775. We hope to see you there!

Mark your calendars to reserve October 20-21, 2006, to gain valuable experience and training about these topics and much more at the Allergy Conference and Training seminar (ACT 2006). Our speakers, who are experts in their respective fields, include: **Jeffrey Powell, MD, DDS, FACS**, Eastern VA ENT; **Mary Morris, MD**, Allergychoices™; **John Stram, MD**, Boston Medical Center; **Robert Knox, M.D.**, The Speaking Doctor™, **Bonnie Dooley, RN**, East-

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Children in Day Care Have Increased Risks of Allergy

A study conducted by Swedish researchers indicated that preschool age children who attend day care are more likely to develop allergy and respiratory symptoms.

The parents of over 10,800 children completed a survey with questions that focused on respiratory and allergy symptoms, home environment and day care. Compared to children in home care, chil-

dren in day care had 33% increased risk for wheeze; 56% for cough at night; 23% for asthma; 15% for rhinitis; 75% for hay fever; 49% for eczema and 27% for food allergy.

The odds of having more than six colds in twelve months increased more than 2.5-fold and increased 2.0-fold for having an ear infection.

Allergy, April 2006



Likelihood of cockroach exposure can be assessed by consideration of demographic and household determinants.

National Home Survey for Cockroach Allergen Exposure

This research provides the first nationally representative estimates of cockroach allergen prevalence within households and identifies demographic factors and housing characteristics associated with high cockroach allergen levels. Achieving these objectives may assist clinicians in assessing the likelihood of a patient's exposure to this allergen.

Residents of 831 U.S. homes

participated in the survey. The results:

Cockroach allergen exceeded 2.0 U/g (a level associated with allergic sensitization) in 11% of living room floors and 13% of kitchen floors.

Concentrations exceeded 8.0 U/g (a level associated with asthma morbidity) in 3% of living room floors and 10% of kitchen floors.

Elevated concentrations were observed in high-rise apartments, urban settings, pre-1940 constructions and households with incomes < \$20,000. The odds of concentrations exceeding >8.0 U/g were greatest when roach problems were observed and increased with the number of cockroaches reported.

Environ Health Perspect., 2006

Contact CML for full text article

"The first controlled trial to determine the benefits of immunotherapy was not carried out until 20 years after patient treatment was initiated.."

Allergy Treatment Goes Back to the Future

In 1911, Leonard Noon and John Freeman invented the "pollen vaccine" after noticing that allergic symptoms coincided with the pollination of grass in England. Until antihistamines came along in 1946, allergy shots were the only available allergy remedy.

Although allergy shots were considered controversial from

the start, the first controlled trial to determine the benefits of immunotherapy was not carried out until the 1930's, almost 20 years after patient treatments had been initiated. It was not scientifically proven as a viable patient treatment until the early 1960s.

Today, we are faced with the same controversies surround-

ing the safety and efficacy of sublingual immunotherapy (SLIT). While sublingual trials are currently ongoing in various parts of the U.S. to gain FDA approval, many physicians have been successfully prescribing this treatment for their patients for decades. FDA approval for SLIT is expected possibly as early as next year.



Efforts should be made to control molds, dust mite and pet allergens indoors

Adult-Onset Asthma and the Allergy Connection

Research has shown that atopy in children is a strong determinant for the development of asthma. However, a recent study conducted by the University of Birmingham and the Finnish Institute of Occupational Health indicated that adults are affected by atopy as well. The study participants included 485 cases of adult-onset asthma and 665 controls.

The results of this study provide insight into reducing the risk of developing adult-onset asthma. According to the study, the odds of getting adult-onset asthma can be lessened by avoiding the allergens that trigger atopy. Molds and dust mites are the most likely to trigger adult-onset asthma. Since it is difficult to control pollen exposure, efforts should

be made to control exposure to molds, dust mites and pet allergens that are frequently found in homes with indoor dampness.

This research appeared in the March 2006 issue of the Journal of Allergy and Clinical Immunology.

Fungal Levels in the Home and Allergic Rhinitis by 5 Years of Age

A birth-cohort study of children with parental history of asthma or allergies was conducted in Boston, MA. Environmental fungal exposures were evaluated by collecting culturable dust samples in the house to see if high fungal levels were independently associated with doctor-diagnosed allergic rhinitis in the first 5 years of life.

Indoor air samples were col-

lected using a Burkhard culture plate sampler and sent to a laboratory for incubation. Bi-monthly questions to the child's primary caregiver determined any physician-diagnosed lower respiratory disease, any reports of water damage within the home, mold or mildew present inside the home, use of a dehumidifier, etc.

405 children were included in this study, 52 (12.8%) were

diagnosed with allergic rhinitis by the age of 5.

Conclusion: Dust-borne fungi that were present in the home within the first 3 months of a child's life were associated with physician-diagnosed allergic rhinitis before the age of 5.

Environ Health Perspect. 2005; 113(10): 1405-1409.

Contact CML for the full text article



Dust-borne fungi exposure within the first 3 months of life increases the chance of physician-diagnosed allergic rhinitis.

The 2006 Spring Allergy Capital™ Rankings

Rankings for the Allergy Capitals™ are based on data from three factors: Annual Pollen Scores, Utilization of Medicine per Patient and the number of Board Certified Allergists per patient. Weights were applied to each group of factors as an indicator of how it affects the quality of life. This year's top ten ranking Capitals that are

the most challenging places to live if you have spring allergies are:

1. Hartford, CT (49)*
2. Greenville, SC (6)*
3. Boston, MA (47)*
4. Detroit, MI (80)*
5. Orlando, FL (56)*
6. Knoxville, TN (11)*

7. Omaha, NE (17)*
8. Sacramento, CA (62)*
9. Washington, DC (16)*
10. Baltimore, MD (58)*

All rankings can be found at www.AllergyCapitals.com.

* Indicates last year's ranking.

"The most challenging places to live if you have spring allergies."

Living With Cats, Dogs and Fine-Feathered Friends

Animals with hair, fur or feathers are capable of causing allergic reactions. Allergens can be dispersed into the air or be carried on the hair, fur or feathers the animals shed and can remain in the home even after a pet is gone or the house has been thoroughly cleaned.

There is no such thing as a dog or cat that does not cause

allergies, but there are some breeds that are less allergenic, such as poodles, bichons frisés, Maltese and Portuguese water dogs. On the other hand, dogs with double coats like springer spaniels, collies, German shepherds and Samoyeds shed more than others.

Light-colored cats seem to be less allergenic than those with

dark coats. However, even a hairless sphinx cat can cause allergy symptoms.

Cockatiels, cockatoos, African grays and pigeons that produce white, powdery dust everyday cause more allergy problems.

Extracted from the book, "Allergic to Pets? The Breakthrough Guide to Living With the Animals You Love." by Shirlee Kalsone



Since proteins in saliva, urine and skin secretions from cats can cause allergic reactions, even the hairless sphinx cat can cause symptoms.

Leaders in Allergy Testing

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We're on the Web
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Canine Detective Sniffs Out Potentially Harmful Mold Spores

As an added service for our customers, CML has offered environmental mold test kits for your patients who are interested in testing their home environments.

For those who would prefer to have professionals come on-site and conduct a more thorough home inspection, National Mold Detection (NMD) offers a comprehensive indoor inspection and testing service.

Certified inspectors survey all aspects of a building (roof, grade, exterior, windows, plumbing, HVAC system and many other technical aspects of a building that most people are not able to assess) looking for sources of mold and moisture. Temperature, humidity and moisture readings are taken



**Know your environment.
Protect your family's home
and health from the poten-
tially harmful effects caused
from mold.**

during the inspection.

NMD uses a unique tool, mold detection canines, to find mold that is undetectable by all other means. Additionally, NMD employs the latest in sampling technology and uses independent, accredited laboratories for analysis. Survey results are detailed in writing and dis-

cussed extensively with customers to guarantee satisfaction.

To avoid conflicts of interest, NMD is dedicated solely to inspections and testing services and does not perform clean-up.

Take advantage of NMD's services through the end of August with a special 10% discount offered exclusively to readers of *Physician Allergy Times* and their patients.

For additional information about National Mold Detection visit:
www.nationalmolddetection.com

**CML is not affiliated with National Mold Detection.*