



# Physician Allergy Times

Summer 2007

Published as a service to our customers

## Visit:

[www.asthmafriendly.com](http://www.asthmafriendly.com)

.... to learn about choosing "friendly" products including plush toys, bedding, vacuums, paints, flooring and more.



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## Commonwealth Physician Partner Program

Frequently, CML receives calls from individuals who are interested in learning where they can go to get a blood test for allergy and/or treatment with sublingual immunotherapy.

In order to provide referrals appropriately, we would like to develop a list of physicians who are interested in having their name on a referral list to provide this service. If you are interested, please complete the form on Page 4 of this newsletter and fax it back to us at 540-428-2905.

Some things that you need to be aware of prior to adding your name to our list:

- We will not screen these calls to determine the type of payment method the patient intends to use to obtain this service. Your office staff will need to pre-qualify these referrals to determine if they can obtain this service from your practice.
- If we have more than one practice in a given geographic area, we will provide all of the names to the individual and let them decide who to call.
- We will not charge anyone for this service.



Help us make proper patient referrals to your office for in vitro allergy test requests.

- We will not give any special considerations or preferences to any practice.
- Any referrals that the patient must obtain prior to utilizing your services will be the patient's responsibility.
- If you wish to have your name removed from this list or if any of the information we have on file has changed, please give us a call.

As always, thank you for choosing Commonwealth Medical Laboratories for your allergy testing needs. If there are additional services that would enhance our service to you, please give us a call at 800-222-5775. We look forward to your comments.

## Donated Blood and the Passive Transfer of Peanut Allergy

It is believed to be the first time that a life-threatening peanut allergy was passively transferred to a patient through donated blood.

An 80-year-old woman was given the blood prior to minor surgery for stomach problems. At this time, the patient had no history of peanut or nut allergy. Two days after

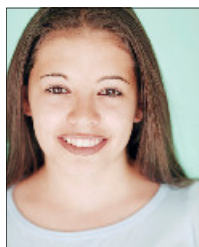
surgery, she ate a muffin with peanut butter and within minutes became ill with anaphylactic shock. She was successfully treated with adrenaline and steroids. The blood came from a young female with severe allergic reaction to peanut.

*Arch Intern Med. 2007; 167: 853-854*



**Children of mothers who ate the most apples during pregnancy were 50% less likely to develop asthma symptoms.**

*"Last year's meeting ended with rave reviews and 100% positive feedback."*



**Young adults often don't carry Epi-pens because they are too self-conscious.**

## Apples and Fish During Pregnancy Reduce Allergic Diseases

Children of mothers who ate the most apples during pregnancy were less likely to be diagnosed with asthma by age five. A similar association was found in the development of eczema in the children of mothers who ate fish once or more per week.

These findings were released in a study of 1212 mothers who filled out a questionnaire about the children's allergies and

respiratory symptoms, as well as details about their children's current diet.

Researchers suggest that the flavanoids in apples and the omega-3 fatty acids found in fish provided these beneficial effects.

Children of the mothers who ate the most apples were about 50% less likely to develop asthma symptoms. A similar effect was also seen in relation

to eczema in the children of mothers who consumed fish at least once a week compared with those who never ate it.

Until additional research is done to establish the exact association, the recommendation right now is for expectant mothers to follow a generally healthy diet to help protect their child from developing asthma.

Thorax

## CML to Host Third Annual Allergy Conference & Training Seminar

Join us in Louisville, KY this November 2-3 at The Brown Hotel for CML's third annual Allergy Conference & Training (ACT III). This year promises to be our best yet. In addition to Dr. Jeffrey Powell, MD, DDS, John Stram, MD, Mary Morris, MD and Robert Knox, MD we are pleased to announce that Neal Rogers, MD will enhance this two-day training seminar

with topics about food allergy.

Additional information about the meeting, including room rates, is available on our website. Visit [www.allergytest.com](http://www.allergytest.com) for continuing updates in our "What's New" heading on the home page.

Whether you would like to enhance your allergy practice or add allergy as a new revenue

center, this conference has a lot to offer.

Last year's meeting ended with rave reviews and 100% positive feedback. This year's meeting promises to be even better.

Call Carol Bennett at 800-222-5775 to register or obtain additional information about the meeting. Call 888-888-5252 for hotel reservations.

## No Progress in Reducing Fatalities due to Food Anaphylaxis

A new report on fatalities from food-induced anaphylaxis reveals that little progress has been made in the past five years to reduce this number. Adolescents and young adults were shown to be at the highest risk for fatalities.

The foods primarily responsible are peanuts and tree nuts, but milk and shrimp are also major

culprits. The most common food sources were restaurant or food service items with hidden allergens and packaged food with undeclared allergens.

Most of the 31 individuals in this study who died were not carrying their epinephrine and some had never even had it prescribed. Young adults often don't carry it because they are

self-conscious about carrying something that makes them look different from their friends.

The solution is better education of medical professionals at all levels to diagnose patients and emphasizing allergen avoidance and carrying epinephrine at all times.

JACI April 2007

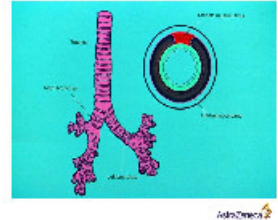
## Novel Heat Technology Treatment Helps Asthma Patients

A new technique, bronchial thermoplasty, is being used by researchers as a non-drug treatment for asthma. Radio waves emit heat and are used to burn off some smooth muscle in the airways. The premise is that "smooth muscle sits around the airway, and when it contracts it makes the airway narrower." according to Dr. John D. Miller, an associate professor of surgery at McMas-

ter University in Canada. This trial included 112 people with moderate to severe asthma. Half received three sessions of thermoplasty and the other half received their usual drug treatment. One year later, the air flow for patients who received the thermoplasty treatment was much better (39 Lpm vs 8.5 Lpm). In addition the thermoplasty group had an average of 40 symptom-free days vs 17

for the others. A second trial is now underway with an enrollment of 350 asthma patients who are in various phases of the treatment. Due to the risk associated with performing a bronchoscopy each time for treatment, there is hope to be able to do this in a less invasive way.

*New England Journal of Medicine*  
March 29 2007



**When smooth muscle sits around the airway and contracts, it narrows the airway. Heat from radio waves burns off some of the smooth muscle improving air flow.**

## Atlanta Ranked as #1 Asthma Capital for 2007

Rankings for the Asthma Capitals™ are based on data from factors such as: Estimated asthma prevalence, self-reported asthma prevalence, death rate for asthma, bad air quality, pollen scores, use of meds, etc. 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 asthma are:

1. Atlanta, GA (4)\*
2. Philadelphia, PA (3)\*
3. Raleigh, NC (53)\*
4. Knoxville, TN (11)\*
5. Harrisburg, PA (25)\*
6. Grand Rapids, MI (31)\*
7. Milwaukee, WI (5)\*
8. Greensboro, NC (7)\*
9. Scranton, PA (1)\*
10. Little Rock, AR (17)\*

All rankings can be found at:  
[www.AsthmaCapitals.com](http://www.AsthmaCapitals.com).

\* Indicates last year's ranking.

*"The most challenging places to live if you have asthma."*

## Tulsa Ranked as #1 Allergy Capital for Spring 2007

On April 3, 2007 the top allergy cities in the US were released. The estimated allergy prevalence was based on the pollen scores for the area (grass, tree, weeds and mold), the frequency of using allergy medications and the number of allergy specialists per patient.

This year's list of the most challenging places to live if you

have allergies are:

1. Tulsa, OK (60)\*
2. Dallas/Ft Worth, TX (39)\*
3. Fort Myers, FL (97)\*
4. San Antonio, TX (58)\*
5. Tucson, AZ (48)\*
6. St. Louis, MO (33)\*
7. Wichita, KS (84)\*
8. Little Rock, AR (51)\*
9. Charlotte, NC (37)\*
10. Atlanta, GA (28)\*

To view all the rankings visit:  
[www.allergycapitals.com](http://www.allergycapitals.com)

\* Indicates last year's ranking.



**Tulsa, OK was ranked at #60 last year and this year it tops the list as the #1 Allergy Capital for Spring 2007.**

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## Physician Partner Program Opt-In Form

The name and address of the participating physician will be listed according to the address printed above. If any of this information has changed, please correct it next to the address before faxing the form.

In addition to the above information please provide:

**Contact person:** (if applicable):

\_\_\_\_\_

**Phone Number:**

\_\_\_\_\_

**Office Hours:**

\_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Treatment Services Offered** (Check all that apply):

- Inhalant Allergy
- Food Allergy
- Sublingual Immunotherapy

**FAX COMPLETED  
FORM BACK TO:  
(540) 428-2905  
Attn: Carol Bennett**