

Spring 2016 Newsletter

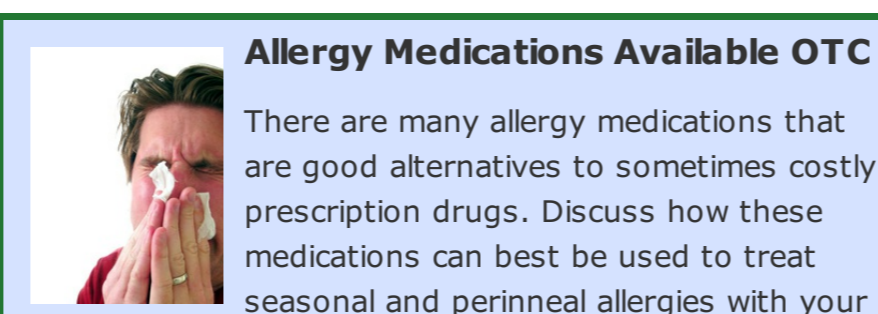


What Can Families Do to Prevent Food Allergy?
FARR (Food Allergy Risk Reduction) is a program at Allergy Partners of North Texas (APNT) with the goal of preventing food allergy in high risk infants. If your child is 1 year old or younger and has eczema, a family or personal history of food allergy, or has ever wheezed, this program may be beneficial to him/her. Click [HERE](#) to learn more about FARR and contact your APNT physician if you would like to schedule a visit to discuss this program.

The **LEAP-On** and **EAT** studies have made national headlines recently. The LEAP-On study showed that peanut tolerance is sustained for most children who ate peanuts early in life, even after a year of avoidance. The EAT study addresses whether or not feeding infants commonly allergenic foods helps to prevent food allergy in children. See our blog on these studies: [LEAP-On and EAT](#)

Indian Families with Food Allergy

Parents with children of Asian Indian origin with food allergy are invited to participate in a nation-wide survey about the types of food allergens that trigger reactions in the Asian population. Please consider taking a few moments to complete this survey which will help lead to a better understanding of food allergy in this population. [Click here for survey.](#)



Allergy Medications Available OTC

There are many allergy medications that are good alternatives to sometimes costly prescription drugs. Discuss how these medications can best be used to treat seasonal and perinial allergies with your allergist.

Nasal sprays:
Flonase (fluticasone), Nasacort (triamcinolone), and Rhinocort (budesonide) are all intranasal steroid sprays that are excellent at reducing allergy symptoms.

Oral antihistamines:
Zyrtec (cetirizine), Allegra (fexofenadine), and Claritin (loratadine) are (usually) nonsedating antihistamines that also treat the symptoms of allergic rhinitis.

Eye drops:
Alaway and Zaditor (ketotifen 0.025%) may be used twice daily as needed for allergic eye symptoms. Both products run about \$12-15 per bottle, but Alaway contains twice as much volume as Zaditor. While not as effective as prescription strength eye drops, they may be adequate for many patients and are a good starting point.

Patch Testing is Now Available

There are many things that can cause or lead to a flare of eczema or dermatitis on being in contact with the skin. This is called contact allergy or contact dermatitis. Allergy to fragrances, preservatives, medications and metals are frequent causes. The ideal way to identify the substances that may cause skin allergies is to perform a patch test. Patch testing is a simple and painless procedure. We now offer a comprehensive series of tests (based on North American Contact Dermatitis Society recommendations) to various chemicals and preservatives that may be found in cosmetics, personal care products and topical medications.

[Click here to learn more about patch testing.](#)

Disposal of Unused/Unwanted Medicines

Keeping expired, unused, and unwanted medicines in the home can pose a risk of drug abuse or potential overdose in children and pets. There are several ways to dispose of these medicines and reduce the risks.

CVS TakeAway Envelope program: CVS pharmacies have a preaddressed envelope for \$2.99. You use this envelope to send medicines in, including inhalers, to be destroyed. This program does not accept controlled substances (narcotics).

Denton County has a Drug Disposal Program Kiosk at City of Denton Police Department located at 601 E Hickory Street which is open 24 hours a day/ 7 days a week. This program accepts inhalers and controlled medicines (narcotics).

City of Fort Worth has "Take Back Drug" boxes at 3 Fort Worth Police Department Substations. This program does not accept inhalers, but does accept controlled medicines (narcotics). The Substations are located at: 350 W Belknap St (Open 24 hours a day/ 7 days a week), 1100 Nashville St (8AM - 5PM, Mon-Fri), 3525 Marquita St (8AM - 5PM, Mon-Fri).

Before using any of these programs, remember all medicines need to be in their original container and all personal information blacked out or removed! You can also go to [DisposeMyMeds.org](#), an online resource to help locate a local independent pharmacy that will dispose of unwanted medicine(s).

Click [HERE](#) for the U.S. FDA Medication Disposal Guideline list of the medicines recommended for disposal by flushing. When in doubt about how to properly dispose of a medicine, talk to your pharmacist!

Infections in the News

As the number of mosquitoes in North Texas are increasing this Spring season, APNT encourages you to be informed about harmful diseases that are carried by mosquitoes. Click the links below to learn about three diseases that are making headlines currently.

- [ZIKA](#)
- [WEST NILE](#)
- [CHIKUNGUNYA](#)

Protect your family from these diseases by preventing mosquito bites. [Click here to learn more about mosquito bite prevention.](#)

Attention Primary Immune Deficiency Families!

Registration is now open for the **Immune Deficiency Foundation (IDF) Retreats** in 2016. These are weekend gatherings designed with everyone in the primary immunodeficiency community in mind.

[Click here to learn about the retreats in Boston, June 17-19 & Salt Lake City, August 19-21.](#)

IDF Teen Escape Weekends 2016 are also open for registration. These are weekend getaways exclusively for teens, ages 12-18, who have been diagnosed with primary immunodeficiency diseases. There are sessions for parents geared toward their own issues and concerns.

[Click here to learn about these retreats in Chicago, July 16-17 & Charlotte, July 30-31.](#)

Attention Asthma Patients!

If it has been more than 6 months since your last appointment at APNT, please call to schedule a follow up appointment. It is important for asthma patients to be evaluated on a regular basis to ensure the best asthma care as well as to provide continued prescription refills.

How to Reach us for.....

Prescription Refills:
It is best to contact your pharmacy first. You may also use the patient portal or call the Pharmacy line directly at 972-566-8107. Refills will be processed within 24 hours if no prior authorization is needed.

Sick Calls:
If your child is ill and you need to make an appointment please call the main number at 972-566-7788 during business hours.
If your child is ill and you have a question for the nurse please call 972-566-6144. All calls received before 3pm will be returned the same business day.

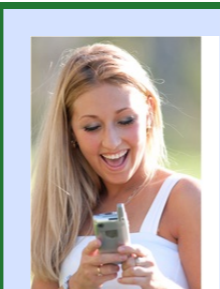
Please do not use the patient portal for questions regarding an illness or urgent matters. Portal messages will be returned within 24 hours.

School Forms for 2016-17:
Please submit school forms for the 2016-2017 school year before August 1, 2016 to avoid a \$10 processing fee.

School forms should be completed to the best of the parent's ability. Please include a fax number for completed forms to be returned or a self addressed stamped envelope for forms to be returned by mail.

Allergy Partners school letters can be provided at no charge and placed on the patient portal.

Making a payment:
All balances can be paid online by going through the patient portal. To make a payment with a Care Credit card, please visit the Care Credit website.



Summer is Coming! Take Advantage

While summer provides a break from school days, homework, and early morning wake-up calls, it doesn't allow for a break from food allergies. Food allergy families can take advantage of a lighter summer schedule to fit in visit with their allergist to prepare for the upcoming school year. If you have been planning for food skin testing, food challenges, you're overdue for a follow up visit, or you want to start food OIT, the summer is a great time to get this done! You can also take advantage of your summer visit to get school forms completed early. Please call 972-566-7788 to schedule a follow up visit or testing.

