

# THE ALLERGY AND ALLERGY CLINIC

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NEWSLETTER

DECEMBER 2009

## SEASON'S GREETINGS



### New Evidence Shows that Daycare Does Not Protect Children from Developing Allergies and Asthma

The September/October issue of *Coping with Allergies & Asthma* reported a study challenging the common belief that kids in daycare decrease their chances of developing asthma and allergy later in life. The article reports that although children in daycare do get sick more often and encounter more respiratory symptoms as a result, the alleged protection such exposures provide against allergy and asthma recede by the time the child is eight years old.

In fact, the study concluded "These exposures cause more airway symptoms early in life with no counterbalancing benefit later."

The data derived from new research that has been published in the *American Journal of Respiratory and Critical Care Medicine*.

### Successful Treatment of a Pet Allergy (Without Getting Rid of the Pet)

Studies from the American Academy of Allergy, Asthma & Immunology show that 42 million Americans have pet allergies and 83 percent of those people would never get rid of their pet. Although avoidance of known allergens is best, for many patients the option of getting rid of a pet is painful and traumatic. Fortunately, for most people, with proper allergy treatment, other options exist. The following case is a good example of a successful outcome in a patient for whom avoiding pet exposure was not an option.

Working as a feline veterinarian, Dr. Tami Groberg has daily contact with the cats to whom she is allergic. In the fall issue of *Coping With Allergies & Asthma*, Dr. Groberg explains that hypo-sensitization injection treatments (aka allergy shots) have helped manage her pet allergy. She will most likely need to rely on these injections for the rest of her life but they allow her to continue working with cats.

Dr. Groberg (and Dr. Engler) also share their advice on how to reduce the impact of pet allergies:

- ❖ Create an allergy-free haven in the bedroom by keeping pets out of this room
- ❖ Wall-to-wall carpeting is a primary source for pet dander, so try to keep it minimized.
- ❖ Vacuum regularly. Use a vacuum with either a HEPA filter or special "allergy proof" bags

- ❖ Clean hard surfaces with a damp cloth or Swiffer to remove sticky dander.
- ❖ The filters in the HVAC system should be replaced regularly (at least once a quarter) with high quality filters, preferably allergen filters.
- ❖ In order to reduce dander, bathe your pet rather than shaving the pet's fur.
- ❖ Wash your pet's bedding and clean your pets' favorite napping spot frequently.
- ❖ Use a lint roller to pick up hair and dander thereby reducing the amount of offending proteins in the environment.
- ❖ When medically appropriate, consider treating your underlying allergy with immunotherapy (allergy shots or drops) to help yourself become less allergic.

Our convenient holiday hours are as follows:

Wednesday:	December 23	9:00-5:00
Thursday:	December 24	Closed
Friday:	December 25	Closed
Saturday:	December 26	9:00-noon
Thursday:	December 31	9:00-1:00
Friday:	January 1	Closed
Saturday:	January 2	9:00-noon

Happy Holidays to all of you from Dr. Engler and The Allergy & Asthma Clinic Staff. We are thankful and honored that you choose our team to provide for your allergy and asthma needs throughout the year. Best wishes for a Happy, Healthy New year!