

THE ALLERGY & ASTHMA CLINIC

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NEWSLETTER

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Dr. Engler receives the prestigious “Patients’ Choice” Award for 2008

We are pleased to announce that Dr. Engler was recently honored with the 2008 “Patients’ Choice” award. Every month, more than 40,000 patients across the USA provide online feedback about their experiences with their doctors. They rate components such as bedside manner, patient “face-time”, degree of follow-up, courtesy of office staff and overall opinion about the physician. Over the course of 2008, these reviews totaled hundreds of thousands of patients’ opinions. While physicians generally receive positive reviews from their patients, only a few received near perfect scores and were eligible to receive this award. Specifically, of the nation’s 720,000 physicians, less than 5% were accorded this honor by their patients. The notation of this distinction, which is tabulated by Mdx Medical, is displayed in Dr. Engler’s profile on a number of

medical websites, including Vitals.com. We thank all of our patients who participated in this survey and also thank each and every one of you for giving us the chance to help you with your allergies and asthma.

Advice for Allergy Free Gardening

* Use antihistamines or nasal sprays before you begin gardening rather than after your symptoms start.

* Let someone else mow the grass if it triggers your allergies or wear a mask when mowing to reduce the amount of pollen you inhale.

* Stay fit and drink plenty of fluids to keep your immune and respiratory systems healthy and better able to fend off allergens.

* Time your outdoor activities and gardening when pollen levels are low. Tree pollens are highest earlier in the day during the spring blooming season. Grasses and weeds release more pollen at midday during the

summer months.

* Do your gardening on days when the pollen count is low or when the day is cool, cloudy, or less windy.

* Keep high pollen-producing plants away from front or back doors, bedroom windows, or other high-traffic areas.

* Reduce pollen exposure by wearing gloves, goggles, or respiratory masks. Also avoid touching your face and eyes while working outdoors.

* When you come back inside from working outdoors, wash your clothes, hair, and skin to remove excess pollen and dust.

* Keep pets away from plants or trees that produce a lot of pollens. They may rub against a plant or sit under a flowering tree and then bring the pollens inside on their fur.

We will celebrate the 4th of July holiday this year by being open on Friday, July 3rd from 9:00am to 1:00pm for allergy shots only. We will be closed on Saturday, July 4th. We will be open on Monday, July 6th from 9:00am to 7:00pm. We hope everyone will have a safe, fun & healthy holiday.