

THE ALLERGY & ASTHMA CLINIC

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NEWSLETTER

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Please welcome a new physician to our team!

We are very proud to introduce our new associate physician, Dr. June Zhang, who will be starting practice with our group on September 1, 2011.

Dr. Zhang grew up in Seattle and received her MD degree from the Medical College of Wisconsin. She completed her pediatrics residency at Children's Hospital of Oakland in 2006 and her allergy and immunology fellowship at the Children's Hospital of Pittsburgh and University of Pittsburgh Medical Center in Pennsylvania in 2008. She started her career in private practice with Allergy, Asthma & Immunology Associates in Dallas, Texas where she also was a clinical instructor of Allergy/Immunology at the Children's Medical Center of Dallas, University of Texas Southwestern Medical Center. She loves children and has extensive training in asthma, food allergy, eczema and other allergic conditions. Dr. Zhang is Board Certified both in Pediatrics and Allergy & Immunology. She also is a member of American Academy of Allergy, Asthma and Immunology and the American College of Allergy, Asthma and Immunology.

Dr. Zhang is excited to be a part of our group and to contribute to the health and well-being of our patients. She plans to spend the remainder of her career in the Bay Area working closely with Dr. Engler as well as being nearer to her family and friends.

Dr. Zhang enjoys cooking, painting, traveling and spending time with family and friends. She is also proficient in Chinese (Mandarin).

We are currently making appointments for Dr. Zhang; please let us know if you would like an opportunity to meet with her so that she can help you with your allergies and asthma.

With Dr. Zhang's expertise, we are able to expand the scope of our practice and offer new technology and procedures in our office

Dr Zhang has a strong interest in asthma and food/drug allergy evaluations. She believes optimal asthma management and the identification of food and drug allergies with subsequent oral challenge and/or desensitization can be life changing for patients.

Food Allergy Challenges—Food allergies can be very hard on not only the patient but the entire family, especially when the patient is a child. Fortunately, 80% of children will eventually outgrow their egg, milk, wheat, and soy allergies and 20% will outgrow their peanut allergy; the question is when. Properly performed oral challenges coupled with skin and blood testing can all assist in identifying these children. Dr. Zhang is very adept at performing food challenges and has helped many patients successfully identify whether their food allergies have clinical significance and whether it remains important to keep these foods out of the diet.

Drug Allergy Testing and Desensitization:

Penicillin Allergy--Like Dr. Engler, Dr. Zhang feels it is crucial to evaluate, test, and desensitize patients with drug allergies, especially those with a history of penicillin sensitivity. More than 97% of patients with a positive history of penicillin allergy have negative skin tests and can safely be treated with penicillin without developing a life-threatening allergic reaction. Often childhood rashes and adverse drug reactions are mistaken for a penicillin allergy which leads to unnecessary avoidance of this family of antibiotics. In addition, the natural history of penicillin allergy is that it often lessens or even resolves over time. Knowing if a patient is truly allergic offers many benefits including allowing the use of what is often the "antibiotic of

first choice"; penicillin is frequently less likely to cause side effects and is usually a more cost effective medication.

Aspirin Allergy—Many patients would benefit from taking aspirin but cannot do so because of allergic reactions they have experienced. This is especially troubling for patients with heart disease whose doctor has advised them to take aspirin daily to help prevent cardiovascular disease or patients with arthritis who are unable to get the relief they need. Scripps Institute has developed very successful protocols for both diagnosing and desensitizing aspirin allergy and like many allergy practices in the SF Bay Area, we have sent a number of patients down to San Diego for this medical procedure. Dr. Zhang has extensive experience in diagnosing and treating aspirin allergy and we are very excited to now be able to treat our patients in our office. This procedure can be very beneficial for patients allergic to aspirin who have trouble with nasal polyps and/or asthma. Successful aspirin desensitization also allows patients to take similar medications such as Ibuprofen or Aleve.

Plavix Allergy—Most patients who have cardiac stents need to be on a medication such as Plavix to help prevent a clot from forming. However, studies have shown that 2% of patients who need to take Plavix are allergic to it. Dr. Zhang has helped many patients with this problem overcome their allergy with oral desensitization, thereby allowing them to take this important medication.

Nasal Endoscopy---Dr. Zhang performs nasal endoscopies and laryngoscopies, which are valuable tools to assist in the evaluation and diagnosis of sinusitis, nasal polyps, vocal cord dysfunction, vocal cord nodules and other sinus diseases. It also helps to determine when consultation with an ENT specialist is necessary.

In observance of Labor Day, please be advised that we will be closed on Monday, September 5th

