

The Allergy & Asthma Clinic

www.TheAllergyClinic.com

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- Promote “gut health” by avoiding ultra-processed foods. Emulsifiers and other ingredients increasingly are being implicated in injury to the gut lining and poorer health outcomes. Work to increase daily fiber intake, especially with fruits and vegetables. This helps reinforce our natural barriers, and eliminate waste better too. Minimize plastic use as best able, opting for glass, stainless steel, ceramic, or silicone, especially when microwaving leftovers. We ingest an average of a credit card’s worth of plastic each week, and these microplastics damage our gut lining.

- If you are currently on injection or sublingual allergy immunotherapy, and the holidays have caused you to become “off-schedule,” now is the time to resume treatment and make sure you are on track. Keep in mind, in California, pollen counts typically start to rise in late-January/early-February!

Focusing on “You” in the Upcoming Year

New Year resolutions can be overwhelming, and it is important to make sure that you set realistic goals for yourself.

- If you smoke, STOP. For those with allergies, asthma and other respiratory conditions, smoking can significantly complicate any health condition. Speak with your primary care physician about options for smoking cessation.
- Make sure that all of your health vaccinations are up to date. It is likely that the cold and flu season will continue at least through January.
- Pay attention to your mental health – The stronger your emotional health, the better your body will feel and the more efficient you’ll be at staying healthy. Studies have shown stress can cause negative health effects, including more symptoms for allergy and asthma sufferers. Try calming therapies to improve symptoms. Consider downloading a meditation or relaxation app to use at night before bed. Soothing music can be beneficial, as can doing activities you enjoy that lift your spirit.

Time For Your Insurance Checkup

The New Year is time for a complete review of your health insurance plan coverage and benefits. As 2024 begins, it is essential to make educated decisions about your healthcare benefits. For example, are the medical services you require still covered by your medical insurance? Are prior authorizations or referrals required? Make sure that your insurance plan allows direct access to our Clinic either independently (without a referral) or through a knowledgeable, experienced primary care physician.

Open and ongoing access to the allergy and asthma care you need should be a crucial factor in choosing your health plan for this New Year. If your health insurance coverage has already changed, please let us know right away. And remember -- most insurance plans have a time limit for filing claims, after which they may not cover your medical expenses. So make sure we have your new insurance information if you have any changes taking place in 2024. Our insurance specialists can assist you personally, so that you get the fullest benefit from your 2024 health plan entitlements. Just give us a call at [\(650\) 343-4597!](tel:6503434597) We are here to help.