



SEPTEMBER 11, 2001

Our country has changed since 9/11/01. This has affected all of us in many different ways. For many of us it emphasized the importance of families and increased our appreciation of our great nation. It was the day we came to understand the difference between trivialities and things that are significant in our lives. Our patient **Jan Yaroshevsky** was in the immediate area of the disaster, sustained smoke inhalation, and was covered by dust but otherwise unhurt. Patient (and niece) **Gabrielle Gold** worked in one of the side buildings of the World Trade Center and escaped unhurt. NYC police officer **Edward May** (cousin of patient **Kristin Collins**) was found by his family 72 hours after the implosion in a bed at Bellevue Hospital (he was a plainclothes officer, carried no ID and from the trauma, had total amnesia). He is now home with his family. **Dr. Arthur Fost** was at Clara Maass Hospital to help with the expected deluge of victims, but only 10 dazed patients were triaged at that center. Our deepest sympathy goes out to the families who have been directly affected.

EXERCISE INDUCED ASTHMA

All asthmatic patients have *exercise induced asthma* (EIA) to some degree. This includes gold medal Olympic athletes like Jackie Joyner-Kersey and swimmer Amy Van Dyken, and Washington Redskins fullback Donnell Bennett. 60% of American Olympic cross-country skiers take medicine to prevent EIA. You may have read of the tragic death of Northwestern University football player Rashid Wheeler, during football practice recently. It is now evident that his asthma was out of control and he was not taking his medications correctly. We are very proud of our patients who excel in sports, and all of our patients should be exercising to the best of their abilities, but, compliance with medications and keeping asthma controlled is essential.

FLU VACCINE THIS SEASON

The recommendations for flu vaccine have changed for the 2002-2003 flu season. The vaccine components are different based on the viruses that are now seen in the Far East. The groups targeted now are all patients with asthma, all over age 65, and pregnant women after the first trimester, all health care workers, and any person over 6 months of age to reduce the probability of becoming infected with influenza.

The logical questions our patients ask about the flu vaccine:

- Should I get it? Yes (for all our patients)
- Does it work? It is 70-90% effective and dramatically reduces school and work absenteeism, hospitalizations and death.
- Is it safe? In controlled studies with half the group receiving flu shot and the other half receiving inactive placebo, there is no difference in side effects. The flu vaccine virus is killed and cannot cause flu.

Please call to schedule your Flu Shot appointment. We will be giving the vaccine starting in October.



MANAGED CARE STORIES

The New York Times reported on policies at Kaiser Permanente, one of the largest Health Maintenance Organizations. When patients called with medical problems, telephone clerks were paid cash bonuses if they limited the number of patients given appointments to 35% or less of callers and if they could limit the phone conversation to less than three minutes. According to a Kaiser Permanente official, the whole purpose of this policy was designed to help serve members better. We have a different philosophy here at Allergy Consultants. We feel we serve our patients better by fully communicating with them, and offering to see them when they have medical problems of concern.

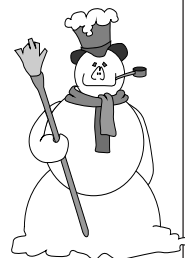
ASTHMA & ALLERGY CLINICAL STUDIES

Our office is currently studying new approaches to asthma in children ages 4 through 12. If you want your child enrolled, talk with Jean Findlay, R.N. in the Verona office. Of course safety is the highest priority, and the study is basically designed to prove the efficacy and safety of standard treatments currently being used in older children and adults in younger children. We are also starting a new study on an important new medicine for asthma, especially in adults. This will be a more detailed study and patients are paid to participate, in addition to obtaining medications and a thorough evaluation. There are benefits in participating and this can be discussed with the doctors or Nurse Jean. We are also just completing a study on severe asthma in adults. Thanks to the patients who participated.

WINTER TIME & YOUR IMMUNE SYSTEM

Outside Magazine has good advice on keeping your immune system at optimum levels during the winter:

1. Get out and play - it is proven that exercise increases the beneficial immune cells and can reduce the number of infections.
2. Don't rely on immune-boosting supplements. While a good diet is important, we do not have any good scientific evidence that supplements are helpful. There are, however, reports of harm done by supplements. Don't listen to anecdotal reports or wishful thinking.
3. Go to bed - short term and long term sleep deprivation reduce the activity of interleukins, groups of molecules that help buttress the immune system. Let nothing stand in the way of your eight hours.
4. Engage in germ warfare- Germs are more likely spread by touching and not in the air. Wash your hands often - a lot to ask perhaps, but better to be a little compulsive than a lot ill. Watch us wash our hands every few minutes all day long.
5. Get a flu shot - here is an immunity boost you can quantify: flu vaccinations are 85% effective, and even when they're not, patients tend to experience milder infections.



GRASS & RAGWEED POLLEN SEASONS

Counts, Immunotherapy, Medications, Fall Symptoms

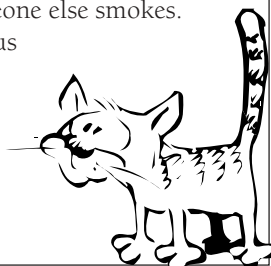
This past spring was particularly severe for our patients because of an air inversion that occurred at the height of the tree-pollinating season. However, all spring seasons are severe for those who are allergic. Hayfever is more than just misery-it causes school and work absences, loss of sleep, decreased performance in school and work, and this year we heard of an automobile accident caused by a sneezing fit in an allergic patient.

For those patients who do not achieve adequate relief of symptoms, or would like better long-term results, immunotherapy (allergy shots) are recommended. Now is the time to start. Please call if you need more information.

SMOKING: HAZARDOUS TO YOUR CAT

Cats whose owners smoke are up to three times as likely to develop lymphoma, a form of cancer, according to a recent American Journal of Epidemiology article. The authors conclude that by not smoking we can prevent this disease in cats. They also say a side benefit would be decreasing the risk of cancer in people. Another recent article confirms the risk of heart disease to people who live in houses where someone else smokes.

This new information adds to our previous knowledge that early exposure to smoke increases risk of death from heart and lung problems in children where parents smoke, and that the incidence of asthma in children is 6% in smoking families, and half that in non-smoking families.

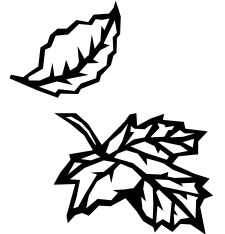


# 2002 FALL NEWSLETTER

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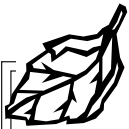
*Fall Season  
Is Here!*



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## ALLERGY CONSULTANTS, P.A.

### OUR OFFICES



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### OUR WEBSITE: [www.sneezedoctors.com](http://www.sneezedoctors.com)

We encourage all our patients and friends to visit our website. It is a great description of our practice, with biographies of our doctors, and linkages to other interesting websites. New patients are now using it to download forms, and fill out their medical histories before they come to our office. If you would like to share our newsletter with your friends, it also can be downloaded from our website. Our website is developed and maintained entirely by our own computer guru, **Dr. Dave**.

### NEW YORK MAGAZINE 2002 - "THE BEST DOCTORS"

**Dr. Arthur Fost** was pleased to be included in this listing, and was the only allergist named that has a practice in Essex County. **Dr. David Fost** was included in the book "Best Doctors in the New York Metro Area."

### GREAT PATIENTS

12-year-old **Len Davidson** plays trumpet in the Essex County Youth Orchestra. WPLJ 95.5 FM featured **Frank Shrimp** carrying a 220-pound man up 17 flights of stairs. **Robert Grajewski** is principal of the Lincoln School in Harrison. He has over 800 students who have emigrated from 24 countries, and 12 different languages are spoken. **Joshua Handford** received the trophy from Camp Atwater for Most Popular Camper. **John Kopitz** ran the Dublin Marathon and raised money for the Arthritis Foundation. 10 year old **Kevin Anderson** made the Nutley Central Little League All Star Team as the youngest pitcher named! Belleville Mounted Police Officer **Gary Souss** who was a celebrity at the Belleville Office when he rode up on his magnificent horse Justice.

### SURVEY RESULTS

Thanks to our patients who participated in our recent survey. We are very pleased with the results (we use the surveys to make continuous improvements). For detailed results, check out our web site [www.sneezedoctors.com](http://www.sneezedoctors.com). Our patients gave us the highest marks for, professionalism of staff, courtesy and knowledge of staff, courtesy of doctor, doctor's interest in problem, doctor's explanation and treatment, time spent with doctor, waiting time to schedule appointment, wait time in the office, ability to get a timely appointment, courtesy of receptionist, and opinion of the visit. These are nationally tested questions, and we can compare our office with similar offices nationwide - can we brag? - we are very pleased. We will always strive to improve and welcome your input and suggestions.

### EL SALVADOR

The country of El Salvador suffered severe earthquakes in January and February that leveled most of the country. **Dr. Arthur Fost** was part of the Children's Cross Connection Medical Team that provided medical assistance to the Salvadorian people. He lectured on his experiences recently to medical students at the New Jersey Medical School. In that same lecture he showed slides and related his experiences in treating Anthrax infections.

