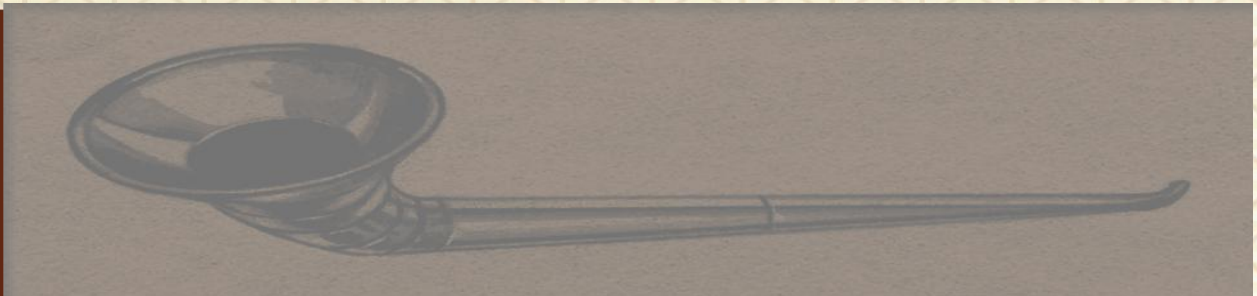


The Trumpet-Ear

A PUBLICATION OF LAKE MARY EAR, NOSE, THROAT & ALLERGY
DR. CECELIA DAMASK



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November is:

- *Great American Smokeout*
- *National Diabetes Awareness Month*
- *Election Day - November 2^d*
- *Daylight Savings Ends - November 7th*
- *Thanksgiving! November 25th*
- *Black Friday - November 26th*

November Fun Facts:

- ✓ *Flower of the Month: Chrysanthemum*
- ✓ *Birthstone: Topaz & Citrine*
- ✓ *Sesame Street premiered on PBS (1969)*
- ✓ *Abraham Lincoln delivered the Gettysburg address (November 19, 1863)*



8 Fall Holiday Tips for those with Food Allergies

Halloween candy and the Thanksgiving feast are just some of the tasty traditions that make fall holidays fun. But for the 12 million people in the U.S. with food allergies, these treats can mean trouble.

Food allergies don't have to stop holiday fun and we offer the following tips if you, your child or holiday guests are at risk:

1. Tricks and treats: Purchase treats that your child can enjoy safely, and swap them for treats with allergens after trick-or-treating. Send candy your child can consume to school parties or send non-food goodies such as Halloween stickers.

2. Be the class baker: Volunteer to provide the snacks for holiday parties at school to ensure there will be foods available your child can enjoy.

3. Inform your guests: Let guests know that you or your child have dietary restrictions, and offer to let them bring holiday themed plates, cups or napkins, rather than food.

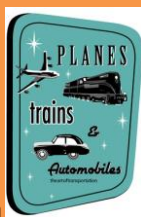
4. Give your host a heads-up: If you'll be attending holiday festivities away from home, let your host know about your food allergy. Offer to bring safe foods for you and others to enjoy.

5. Don't overlook the turkey: Basted or self-basting turkeys can include common allergens such as soy, wheat and dairy. Your safest bet is choosing a turkey labeled "natural," which by law must be minimally processed, and should contain nothing but turkey and, perhaps, water.

6. Hang on to food labels: If you are the host of a holiday feast, keep the ingredient labels from the food you are serving for allergic guests to review before digging in.

7. Carry medications: Always have emergency medications on hand just in case unrecognized food allergens are hiding in holiday treats.

8. Discuss strategies with your ENT/allergy physician: An allergist can help you prepare for the holiday season and suggest allergy avoidance techniques to keep you or your child safe. Your allergist also can help you and your child



Tips to Remember when Traveling with Allergies and Asthma

It's that time of year where many of you will be leaving on vacation to go spend time with loved ones during the holidays. If you have allergies or asthma, you know that allergens travel with you wherever you go.

Whether you are planning a visit to family or have vacation plans far from home, think about where you are going, what you will be doing and how you will get there. **PACK** right to stay safe!

Plan ahead. If you are traveling by air, train or boat, you may need to go through security. Keep medications in their original packaging. Carry your medications with you, or a lost suitcase could become a health crisis.

Anticipate problems and hidden allergens. If you have asthma, be sure it is under control before you travel. If you have food allergies, let people at your destination know before you get there. Take precautions and always have your rescue medicines available.

Continue taking your medications on schedule. Your allergies don't take a break just because you are on vacation. In fact, traveling may mean you are exposed to different (and more) triggers than normal. If possible, talk to your allergy physician before traveling to decide if any short-term adjustments are needed.

Keep your all phone number and other emergency contact information on-hand. Locate an allergist or medical center in the area you are visiting in case you need an urgent appointment. Call ahead to verify they accept your insurance.

Getting there by car

Common allergens such as mites and molds lurk in carpeting, upholstery and ventilation systems. If you have pollen or mold allergies, and are traveling by car, close your windows and turn on the air conditioning to "do not re-circulate" mode.

Outdoor air pollution can make your symptoms worse. If traveling by car, think about driving during early morning or late evening when the air quality is often better and you can avoid heavy traffic. Don't travel in a car with someone who is smoking. If you use a nebulizer for your asthma, get a portable nebulizer.

By plane

If you have food or pet allergies, you may benefit by checking airline policies before traveling. Some have "nut free" flights. Some allow pets to travel as passengers, others do not. Make sure to carry two doses of portable, injectable epinephrine, in case you have a severe allergic reaction while in flight.

If you have severe asthma or other respiratory illnesses, your physician may tell you to take supplemental oxygen. No one can be refused travel for needing supplemental oxygen; however, this has to be arranged in advance if you have sinusitis or an ear infection, the changes in air pressure in the plane could cause significant pain. If possible, try to delay your travel until your symptoms improve. The air in planes is very dry. You will feel much more comfortable if you use saline nasal spray once every hour to keep the membranes moist.

Enjoy Your Stay

Hotel rooms often have a lot of dust mites and molds in carpeting, mattresses and upholstered furniture. Fumes from cleaning products may also cause problems. Ask for a "green" room if available. If you are allergic to dust mites, you may want to bring your own dust-proof, zippered covers. If you are sensitive to molds, request a sunny, dry room away from areas near indoor pools. Also, if you have allergies to any animals, ask about the hotel's pet policy, and request a room that has been pet-free.

Visiting family and friends in their homes can be risky if you have allergies or asthma. For instance, during the holidays, dust mites on ornaments and decorations, molds on Christmas trees, wet leaves and logs for wood-burning stoves and perfumes from scented candles can all trigger allergy or asthma symptoms.

If you have pet allergies, your trip may be more enjoyable if you avoid staying in the homes of family or friends with pets. People with food allergies should be careful about eating home-cooked foods that may contain hidden food allergens.

New Experiences

Activities like camping can be fun, but they can also expose you to outdoor pollen as well as to stinging insects like bees, yellow jackets and wasps. If you have these allergies, avoid camping during high pollen seasons, take your medications with you and carry injectable epinephrine to treat reactions to stinging insects. If you have a severe insect-allergic reaction, get immediate emergency medical treatment.

Walking, leisure biking and hiking are typically good activities for people with asthma or allergies. If you enjoy the mountains and have asthma, be careful if you are thinking of going above 5,000 feet, as oxygen levels decrease.

Cold weather sports such as cross-country skiing and ice hockey are more likely to make symptoms worse. Also, snorkeling is much safer than scuba diving.

An asthma treatment plan can help you keep your symptoms under control so that you can enjoy exercising or sports activities while traveling.

Bon voyage and safe travels!





**November 14th is World Diabetes Day:
Hearing Loss is Common in People with Diabetes**

Diabetes is a chronic and potentially fatal disease, marked by high levels of sugar in the blood. The diabetic's body doesn't produce or properly use insulin - a hormone needed to convert sugar, starches and other foods into energy needed for daily life.

Hearing loss is about twice as common in adults with diabetes compared to those who do not have the disease, according to a new study funded by the National Institutes of Health (NIH) and published in the *Annals of Internal Medicine* in 2008. The study, which analyzed data from hearing tests administered to over 5,000 participants, demonstrated that patients with diabetes are more than twice as likely to have hearing loss than non-diabetics. Of the diabetics tested, 68% of them were found to have hearing loss in the higher frequencies. Adults with pre-diabetes, whose blood glucose is higher than normal but not high enough for a diabetes diagnosis, had a 30 percent higher rate of hearing loss compared to those with normal blood sugar. Other studies have shown an association between diabetes and hearing impairment evident as early as ages 30 to 40.

Hearing loss is an under-recognized complication of diabetes. While physicians have been encouraging diabetics to regularly test their vision, screening for hearing loss has often been neglected. Far too many diabetics do not ask for a hearing test and thus live with undiagnosed hearing loss for quite some time. People with diabetes should have their hearing tested annually as part of routine screening.

Hearing loss due to diabetes is typically a high frequency sensorineural (nerve) hearing loss which can be treated successfully with hearing instruments. The earlier a hearing loss is diagnosed the earlier it can be treated. Studies have shown that untreated hearing loss can have a negative impact on quality of life, and conversely, treating hearing loss has a very positive impact on quality of life. Thus for diabetics, the sooner the hearing loss is treated the better.

Diabetes may lead to hearing loss by damaging the nerves and blood vessels of the inner ear. Autopsy studies of diabetes patients have shown evidence of such damage.

November 14th is World Diabetes Day, a global awareness campaign launched in 1991 by the International Diabetes Federation. Hearing health professionals across the United States, including Dr. Cecelia Damask and Dr. Bethaney Mpemba of Lake Mary Ear, Nose, Throat & Allergy hope to raise awareness of the diabetes – hearing loss connection.

If you or a loved one has diabetes and has not had a hearing test, make an appointment today with Lake Mary Ear, Nose, Throat & Allergy. Educate yourself on the various signs and symptoms of hearing loss so you are more aware if and when hearing loss may occur. Visit www.lakemaryallergy.com for more information.

This is one message that should not fall on deaf ears this November, or beyond.



Early signs of hearing loss

- I hear people talking but I don't understand them
- I have difficulty hearing when there is background noise
 - People sound like they are mumbling
 - People tell me to turn down the TV
 - I have trouble hearing when people talk softly
- A friend or family member thinks I have a hearing loss
 - I get tired while trying to listen
- I stop attending social activities that I previously enjoyed
 - I have to strain to understand people talking
- I have difficulty hearing people if they are not looking at me or are talking from another room



Lake Mary Hearing Center



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Lake Mary ENT & Allergy /Lake Mary Hearing Center

795 Primera Blvd., Suite 1031

Lake Mary, FL 32746

(407) 829-8981

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