

The Trumpet-Ear

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



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October is:

- *National Protect Your Hearing Month*
- *National Audiology Awareness Month*
- *Breast Cancer Awareness Month*
- *Office coloring contest - ask for your sheet today!*

October Fun Facts:

- ✓ *Columbus Day - 11th*
- ✓ *Boss' s Day - 16th*
- ✓ *Walt Disney World Opened - October 1, 1971*
- ✓ *Cookie Month! Oh yeah!*
- ✓ *National Popcorn Popping Month*
- ✓ *Birthstone: Opal or Tourmaline*
- ✓ *Flower: Cosmos or Calendula*

Avoid the danger of anaphylaxis this Halloween

Ghosts and goblins aren't the only scary things your children might encounter this Halloween. For parents of kids with food allergies, Halloween treats—from candy to cookies—can be frightening too.

Common allergens such as peanuts, tree nuts, milk and egg are often ingredients in Halloween treats. Some kids may experience a rash or red, itchy skin, vomiting, a stuffy, itchy nose, or diarrhea or stomach cramps if they eat a food to which they are allergic. For children who are severely allergic, a single bite of these foods may cause a life-threatening reaction called anaphylaxis.

An anaphylactic reaction typically affects more than one part of the body, and can happen very quickly. Signs of anaphylaxis include:

- A lump in the throat, hoarseness or throat tightness
- Trouble breathing, wheezing or chest tightness
- A tingling feeling in the hands, feet, lips or scalp

If you or your child experience any of these symptoms, use your EPI pen and call 911 immediately.

A safe Halloween

Having food allergies doesn't mean having to skip all Halloween fun. Follow these tips for a safe holiday:

- Plan food-free Halloween activities. Fun alternatives include costume contests, games and pumpkin carving.
- Don't let your food-allergic child trick-or-treat alone, and always make sure they carry their autoinjectable epinephrine with them.
- Verify that adults or friends with your child understand his or her food allergies and what to do in an emergency.
- Teach your child how to politely say no to food that may not be safe, especially homemade items such as cookies and cupcakes.



Halloween fun for children with food allergies

On Halloween, parents of food-allergic children must be extra vigilant to ensure their child is not at risk of a reaction. Lake Mary ENT & Allergy offers these tips for creating Halloween for food-allergic children:

- ✓ Accompany younger children as they trick-or-treat and send older children out with a group of friends. Don't allow your child to trick-or-treat alone.
- ✓ Verify that adults or friends with your child understand his or her food allergies and what to do in an emergency.
- ✓ Make sure your child carries emergency medication along while trick-or-treating.
- ✓ Remember that small candy bars passed out to trick-or-treaters may have different ingredients than their regular-size counterparts. Even if a certain candy is safe for your child, the "fun-size" version might not be.
- ✓ Carefully check all treats' ingredients on packages or company websites to ensure there is no risk for reaction.
- ✓ If in doubt about ingredients, throw the candy away.

- ✓ Work with your child's teacher to plan a school party involving non-food treats, such as stickers or novelty erasers.
- ✓ Instead of trick-or-treating, host a party that focuses on costumes, pumpkin carving, games and other Halloween-themed fun.
- ✓ Create a "candy swap" with siblings or friends so that allergen-containing candies can be traded for other, safe treats.
- ✓ Teach your child to politely refuse offers of home-baked goodies like cookies or cupcakes.



*******REMINDER!!
DON'T FORGET TO PICK
UP YOUR COLORING
CONTEST SHEET FROM
ONE OF OUR OFFICE
STAFF! THEY ARE DUE BY
THE END OF THE MONTH
AND WE WILL HAVE SOME
COOL PRIZES FOR
CHILDREN IN (3) THREE
AGE CATEGORIES!**





BETHANEY MPEMBA, AU.D., CCC-A - DOCTOR OF AUDIOLOGY

In recognition of October being "*National Audiology Awareness Month*", I wanted to let you know a little bit more about what my profession entails.

Audiology is a highly recognized profession and has been ranked by U.S. News and World Report as one of the Best Careers in 2006, 2007, 2008 and 2009.

- **Au-di-ol-o-gists:** Audiologists are the primary health-care professionals who evaluate, diagnose, treat and manage hearing loss and balance disorders in adults and children.
- **Audiologists**
 - ✓ Evaluate and diagnose hearing loss and vestibular (balance) disorders
 - ✓ Prescribe, fit and dispense hearing instruments and other amplification and hearing assistance technologies
 - ✓ Design and implement newborn hearing screening programs
 - ✓ Provide hearing rehabilitation training such as auditory training and listening skills improvement
 - ✓ Assess and treat individuals, especially children, with central auditory processing disorders
 - ✓ Assess and treat individuals with tinnitus (noise in the ear, such as ringing)
 - ✓ Treat all ages and types of hearing loss: the elderly, adults, teens, children, and infants
 - ✓ Almost all types of hearing loss are treatable by an audiologist
 - ✓ Most hearing loss that is caused by nerve damage can be treated by an audiologist with hearing aids, assistive listening devices, and hearing rehabilitation
 - ✓ Work in a variety of settings, such as hospitals, clinics, private practice, ENT offices, universities, K-12 schools, government, military, and Veterans' Administration (VA) hospitals.
 - ✓ Most audiologists earn a doctor of audiology (AuD) degree. Some audiologists earn a doctor of philosophy (PhD) or doctor of science (ScD) degree in the hearing and balance sciences
 - ✓ Audiologists must be licensed or registered for practice in all states, the District of Columbia and Puerto Rico.

If you should have further questions, please feel free to ask during your visit!

FAQ Corner

During the month of October, Lake Mary Hearing Center will participate in the national "Pink with a Purpose" campaign to help raise funds for breast cancer research. A portion of proceeds from the sale of the "Think Pink" and all other Agil hearing devices will go to the National Breast Cancer Coalition.

For more information on hearing loss, a consult with Dr. Mpemba and a demonstration on the "Think Pink" Agil, schedule an appointment today.



We look forward to seeing you and remember to "Think Pink" in October!



Lake Mary Hearing Center



Our Special Gift to You when used towards hearing instrument purchase during the month of October 2010!

To _____

From _____

Date of issue October, 2010

Value \$ 100.00

Authorized by Administrator

795 Primera Blvd. Suite 1031.Lake Mary.FL.32746~(407)829-8981~www.lakemaryallergy.com

Not redeemable for cash. Must complete 30 day trial period before certificate is issued.



CONTACT US:



Lake Mary ENT & Allergy /Lake Mary Hearing Center

795 Primera Blvd., Suite 1031

Lake Mary, FL 32746

(407) 829-8981

www.lakemaryallergy.com

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