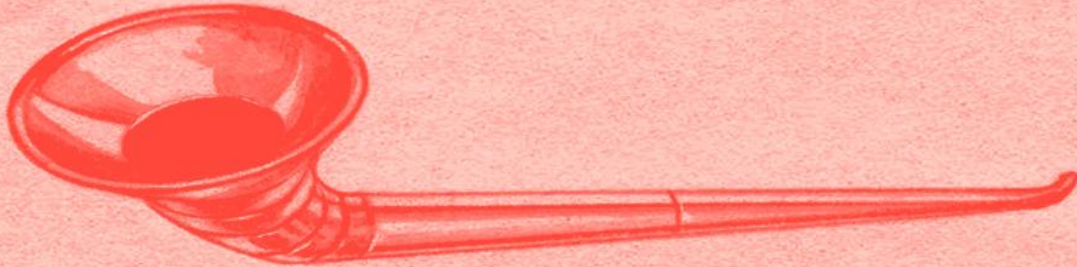


The Trumpet~Ear

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



Join us!

*9/15/10 Harmoni Mom's Night Out 5:30pm
Longwood - Springs Plaza*

*9/16/10 HomeBanc Pacesetter Group
"Lunch & Learn - Dr.Mpemba lecture*

*9/27/10 & 9/28/10 OPEN HOUSE!
Come meet our new audiologist, Dr. Bethaney
Mpemba, register for free drawings and get a
hearing screening*

*9/29/10 Horizon Bay Health Fair
Altamonte Springs*

*10/6/10 BINGO at Seminole Towne Center
Free Senior Breakfast & Health Fair 9AM*

October is:

*"Think Pink" Month (see back page for details)
National Protect Your Hearing Month
National Audiology Awareness Month*

***Ask us for more details on any of these events!*

September Fun Facts:

- ✓ *Labor Day - September 6*
- ✓ *Patriot Day - September 11*
- ✓ *Grandparents Day - September 12*
- ✓ *Mickey Mouse Debuted in 1928*
- ✓ *Birthstone: Sapphire*
- ✓ *Flower of the month is the Aster*



Flu or Allergies: How Do You Tell the Difference?

Given that allergy season is upon us, people are wondering how to tell the difference between allergy and swine flu symptoms.

A patient asks, "My question is how do you differentiate between swine flu and seasonal as well as indoor (to cats/dogs/dust mite etc.) allergies?"

It's actually pretty easy.

Symptoms of swine flu are like regular flu symptoms and include fever, cough, sore throat, body aches, headache, chills, and fatigue.

There are 2 symptoms that are always present with the swine flu that you don't get with allergies.

While allergies can make you feel terrible, allergies do not cause fever. Without fever, you don't have the swine flu. Another symptom that almost everyone with the flu will have is body aches. This is also very unusual with seasonal allergies or allergies to dogs or cats.

A runny nose and congested sinuses, even if combined with coughing, are not signs of swine flu. If these are your symptoms, you likely have either allergies or possibly a sinus infection. Not so pleasant either, but certainly not swine flu.

If you're still not sure, it is best to make an appointment with Dr. Damask as soon as possible to review your medical treatment plan.

Central Florida always top 10 for worst Allergy Conditions?

Yes and this is definitely not an honor to boast about. And it certainly brings much discomfort to so many people, as statistics show that allergies affect 20 percent of all adults and up to 40 percent of children. According to Dr. Damask, “allergies cause much more than itchy eyes, and runny noses.”

“Allergies are associated with many diseases including recurring ear infections in children, asthma, sinus infections, nasal polyps, and eczema. They can also cause significant quality of life issues, which no one wants to experience,” says the Chicago native. “Almost 50 percent of the ENT problems have an underlying allergy as a cause. My philosophy is when you treat the allergy, you often get to the root of the problem and that helps everything else get better.”

Nearly 80 percent of children with asthma have underlying allergies, but most parents aren't aware of this. Instead, they continue to treat the asthma with medications, inhalers, and plenty of visits to the doctor and the emergency room. Dr. Damask tells us that by addressing the real problem (allergies) – medications could be sharply decreased, perhaps even eliminated. And constant doctor and hospital visits would no longer be necessary.

So how does Dr. Damask treat her patients with allergies: She meets with the patient to discuss his or her symptoms, what's triggering the reactions, and prior treatment. A staff member then administers a test to determine one's sensitivities and the best approach for that particular individual. “Until a couple of years ago, most of my patients opted to take the weekly shots for allergies,” explains Dr. Damask. “But in 2007 I learned about allergy drops and how effective they are. Although they've been used in the UK for decades, they only recently started to gain popularity in the U.S. The benefits are many – lower costs, fewer doctor visits, convenience, and less medication for starters. I'm convinced they are going to revolutionize the allergy field.” (Good to know: Dr. Damask is the only doctor in Central Florida to offer the allergy drops).

Six-year old Sally Stahl, a student at Heathrow Elementary School, was one of Dr. Damask's first patients to take the allergy drops. As a very young toddler, mother Amanda tells of her young daughter's battle with sinuses, chronic headaches, and other painful conditions.

“Ever since Sally was two years old, she was very ill,” says Amanda. “She had sinus infections three springs in a row with the last one resulting in a CT scan. The tests showed inflammation, but we didn't know what was causing the problem.”

In 2007, Sally started seeing Dr. Damask who, after testing the youngster, suggested treating her condition with the allergy drops. The results were dramatic. Within 12 weeks, Sally was taken off all the allergy medications and was sleeping through the night – something she had never done in her life.

“A full night's sleep happened a month before Sally turned five,” remembers Amanda. “It was the best birthday present – for all of us!”

Sydney Lias, also six, and a student at Holy Cross Lutheran Academy in Sanford, had similar success with the allergy drops. “Sydney was born with eczema,” recalls Sharon Lias, Sydney's mom. “She also had serious food allergies as a baby. The dermatologist prescribed lots of creams, antihistamines, and antibiotics, but nothing really seemed to work for an extended period of time.”

When the Lias family moved from Atlanta to Sanford in 2006, their middle-school son Jaylan started going to Dr. Damask for allergies. Soon after, the doctor met Sydney and offered to have her tested. After consulting with Dr. Damask, Sharon felt the allergy drops along with the eczema creams were the way to go for their daughter.

“The drops continue to work wonders for Sydney,” says Sharon. “She's no longer itching and breaking out like in the past. And her skin is so much smoother. We are strong believers in the allergy drops and the expertise of Dr. Damask. Our daughter is a healthy child thanks to the dedication of Dr. Damask and her staff.”

**This article was originally published in Lake Mary Life, March/April 2009.*



WE ARE PLEASED TO ANNOUNCE THE ADDITION OF OUR NEW DOCTOR OF AUDIOLOGY TO LAKE MARY HEARING CENTER.

DR. BETHANEY N. MPEMBA, AU.D. IS A DOCTOR OF AUDIOLOGY. SHE SPECIALIZES IN THE DIAGNOSIS, TREATMENT, AND MANAGEMENT OF HEARING LOSS AND BALANCE DISORDERS. DR. MPEMBA HAS HER DEGREE FROM PENNSYLVANIA STATE UNIVERSITY AND DOCTORATE FROM SALUS UNIVERSITY.

Dr. Bethaney Mpemba:

- Uses specialized equipment to obtain accurate results about hearing loss
- Tests hearing and identifies hearing loss in children of all ages. Good hearing is essential to the social and intellectual development of infants and young children
- Provides a full range of hearing and rehabilitative hearing services for students in all grades
- Provides individual counseling to help those with hearing loss function more effectively in social, educational, and occupational environments.
- Provides complete hearing aid services to people with hearing problems. She dispenses a wide variety of hearing aids
- Is knowledgeable about the latest applications of hearing aid technology
- Is committed to helping senior citizens hear better
- Is an expert with assistive listening equipment and personal alerting devices
- Provides follow-up care for hearing aids and offers hearing aid accessories
- Offers help in protecting hearing of people exposed to noisy industrial and recreational situations
- Determines appropriate patient treatment of balance problems by combining a complete history with specialized vestibular assessments.

The first step in treatment of a hearing problem is a hearing evaluation by a professional audiologist. Dr. Mpemba is accepting new patients.

Audiology 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 September / October 2010!

To _____

From _____

Date of issue September 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:



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