



Illinois Allergy and Asthma Specialists

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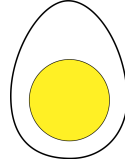
We are dedicated to using our expertise in allergy, asthma and immunology to provide compassionate care for children and adults. Our quarterly newsletter will provide you with current information pertaining to our field of practice.

Egg-allergic? You may still be able to get the flu shot!

The flu vaccine contains a small amount of egg protein, causing anxiety for egg-allergic people. The good news is that you may be able to receive the flu shot without adverse side effects. An allergist can skin test you to egg extract, the flu vaccine, and can safely administer the vaccine if you pass the skin tests.

Consider evaluation with an allergist if you:

- Have a history of a life-threatening allergy (anaphylaxis) to egg.
- Would like to receive the flu vaccine



Cold, dry weather = Itchy Eczema?

The change in weather results in dry, itchy skin, and can worsen existing eczema (atopic dermatitis). Eczema can be worsened by many factors, including heredity (genes), reactions to environmental allergens, allergies to skin care products, and dry skin.

Ask your allergist about:

- Skin care habits that can help your dry skin.
- Topical medications that can clear your skin.
- Antihistamines to control the itch.
- Allergens that may be aggravating your condition.



Fall is a tough time for asthmatics.

The change in season can be a rough period of transition for people with asthma. Changes in temperature and barometric pressure can trigger wheezing episodes, as can cold viruses. In addition, ragweed pollen and mold may be persisting at moderate levels throughout the fall.

Ask your doctor about:

- Obtaining your annual flu vaccine (which contains H1N1 this year)
- Obtaining the pneumonia vaccine (Pneumovax), as recommended by the CDC.
- Using your albuterol before exercising.
- Testing for allergies to ragweed and mold.
- Sinus rinses with saline (also known as Netipot).
- Using a humidifier.

