



# 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. We also seek to develop and maintain a communicative relationship with you, our patients.

**Dr. Vivian Chou** has lived all over the US and has found Chicago to be her favorite city. She graduated from Stanford University with a BAS in Biology and Music. After working with the AmeriCorps National Service Program in San Francisco for a year, she obtained her medical degree from the University of Illinois at Chicago. Dr. Chou completed her residency in Internal Medicine at Beth Israel Medical Center in New York City, and returned to Chicago for a fellowship in Allergy and Immunology at Rush University Medical Center and Rush Children's Hospital. Dr. Chou began working in private practice in 2007 and lives in Chicago with her husband. She is board certified in Internal Medicine and Allergy and Immunology.

**Dr. Amishi Murthy** grew up in the Midwest and has loved living in Chicago since 2002. After graduating from Case Western Reserve University with a double major in Biochemistry and French, she continued her studies at Case Western Reserve University School of Medicine. Dr. Murthy then moved to Chicago, where she completed her Pediatric residency at Children's Memorial Hospital. She trained in Allergy and Immunology at Children's Memorial Hospital and Northwestern Memorial Hospital. She has been in private practice since 2007 and currently lives in Chicago with her husband and two children. She is board certified in Pediatrics and Allergy and Immunology.



## Spring Allergy season is here!

Are you suffering from a stuffy, runny nose, or itchy, watery eyes? Allergic rhinitis and allergic conjunctivitis afflict 10-30% of adults and 40% of children in the US, resulting 2 million lost school days per year and 6 million lost work days.

A literature review in 2009 demonstrated that allergy sufferers receiving allergy shots had a significant decrease in symptoms and medications.

### *An allergist can:*

- Identify allergies to tree, grass, and mold, the most common spring allergens.
- Tailor medical therapy and counsel regarding allergen avoidance.
- Determine whether allergen immunotherapy, which is effective in 85% of cases, is appropriate for you.

## Do you have a history of penicillin allergy?

About 85% of people with a self-reported allergy may have negative (normal) skin tests and can safely receive penicillin and related antibiotics. Unnecessary avoidance of penicillin can lead to: drug resistance to broad-spectrum antibiotic alternatives, and higher expense for you (as many alternatives to penicillins are higher costing medications). An allergist can help to determine if penicillin testing is appropriate for you or your child.

\* *Statistics from ALK-Abello*

1. US Department of Health and Human Services. Agency for Healthcare Research and Quality. Management of Allergic and Nonallergic rhinitis. May 2002. AHQR publication 02:E023, Boston, MA. Summary, Evidence Report/Technology Assessment: No 54.
2. Settipane RA. Demographics and epidemiology of allergic and nonallergic rhinitis. *Allergy Asthma Proc.* 2001;22(4):185-9.
3. Calderon MA, Alves B, Jacobson M, Hurwitz B, Sheikh A, Durham S. Allergen injection immunotherapy for seasonal allergic rhinitis. *Cochrane Database of Systematic Reviews* 2007, Issue 1. Art. No.:Cd001936. DOI: 10.1002/14651858.CD001936.pub2.