



PATIENTGRAM

Newsletter

June 2020

ACT's Phase 1 Post COVID-19 Quarantine

Effective June 1, 2020, our providers have returned to rotating throughout our clinics on their normal schedules. Please be advised that our Infection Control measures remain in place at all offices:

- Only the patient (or one parent with a minor child) will be allowed to come into the office for appointments or allergy injections.
- Every patient (and parent) must wear a face mask or some type of face covering while in the clinic.
- Each person entering the clinic will be asked screening questions at the front doors.
- Your temperature will be taken before admittance into the lobby is permitted.
- We ask that you maintain Social Distancing (minimum 6 feet from other patients) while in the clinics.
- Staff will continue disinfection protocols – hourly for all hard surfaces in the lobby and exam rooms after each patient is seen.

MOWING DOWN YOUR GRASS ALLERGIES

Allergy to grasses is very common. Grass allergies can present in a variety of ways, including nasal symptoms (runny nose, stuffiness, sneezing), asthma, and eye symptoms (itchy, watery/red eyes). People can also have skin rashes (hives or skin welts) after exposure to grasses, but this is much less common. Grass allergies are prevalent because grass pollen scatters in the wind, which is different from pollen that gets moved around by insects, so you are more likely to breathe it in and thus develop symptoms. In most regions of the United States, grass usually pollinates in the late spring season (April through early June).

There are two large classes of grasses: northern and southern. Common northern grasses include Timothy, Kentucky Blue, Johnson, Rye and Fescue. Common southern grasses include Bermuda and Bahia. Many regions of the United States have a predominance of one or more types of these grasses.

GRASS ALLERGY SYMPTOMS & DIAGNOSIS

Allergic rhinitis includes nasal symptoms (hay fever) consisting of sneezing, nasal drainage (runny nose), nasal congestion (stuffy nose) and itchy nose. Facial pressure can also occur. Asthma symptoms include cough, wheezing, chest congestion, chest tightness and shortness of breath.

Allergic conjunctivitis (eye allergy) includes eye symptoms of itchy, irritated, red and watery eyes. Rashes after exposure to grass usually are hives or welts. They are red, itchy and raised. Usually, actual contact with grass causes them. However, hives can also be caused by many other things, so it is important to talk with your allergist about your rash.

Continue on Page 2

Diagnosis of grass allergy usually involves allergy testing. There are generally two types of allergy testing: skin prick testing and specific IgE testing (blood test). Allergy skin prick testing involves “pricking” grass extracts in a liquid form on the arms or back and waiting 10 to 15 minutes for an “itchy bump” to occur, indicating an allergy to grass. These tests should be ordered and performed by an allergist. A blood test involves a drawing blood and sending it to a laboratory to determine if you are specifically allergic to grass.

GRASS ALLERGY TREATMENT & MANAGEMENT

The major goal of treatment is an improvement in your quality of life. You should be able to participate in your school, work, social and family activities. In addition, sleep should be restful and undisturbed.

- Avoidance of Grass Pollen
- Saline Nasal Sprays and Rinses
- Nasal Steroid Sprays
- Nasal Antihistamines
- Oral Antihistamines
- Systemic Steroids: Oral Steroids and Steroid Injections
- Allergen Immunotherapy (Allergy Injections or Allergy Shots)
- Sublingual Immunotherapy

Grass allergy is a very manageable condition, regardless of your age. There are many treatments currently available. Many over-the-counter products are also available, but it is recommended to see an allergist for guidance. With careful evaluation and follow up with your allergist, you can have a very high quality of life and enjoy all your activities.

From American Academy of Allergy, Asthma & Immunology at www.aaaai.org

Allergy Injections and Summer Safety



Summer is upon us and who doesn't enjoy spending time outdoors?! All of us at Allergy Clinic of Tulsa care about our patients' well being. We ask that you take special care during the hot summer temperatures by wearing sunscreen and applying regularly, as well as staying hydrated.

If you are sunburned or if you are overheated from being outside, you should not get your allergy injection. Please be sure to exercise these precautions when receiving your allergy injections, as well:

- Avoid exercise for 1 hour before and 2 hours after receiving your injections.
- Cool down your car
- Drink plenty of water
- Limit your exposure to lawn and garden activities the day of your injection.

Getting Ready for the New School Year



You will need new medical authorization forms and emergency action plans for the next school year. We can be swamped with school paperwork at the beginning of the school year. Please be sure to drop off your form at your earliest convenience, no need for an appointment, and

keep in mind that there is a \$10.00 charge to fill out the form.



Contact Us

Give us a call for more information about our services.

Allergy Clinic of Tulsa

Local: (918) 307-1613

Toll Free: (800) 475-1124

Fax: (918) 307-2454

Visit us on the web at www.allergyclinicoftulsa.com

SOUTH OFFICE:

9311 S. MINGO ROAD
TULSA, OK 74133-5702

MIDTOWN OFFICE:

1727 S. UTICA AVENUE
TULSA, OK 74104-5397

WEST OFFICE:

6802 S. OLYMPIA
SUITE 150
TULSA, OK 74132-1822

OWASSO OFFICE:

8510 NORTH 123RD EAST AVE
OWASSO, OK 74055-2149

BARTLESVILLE OFFICE:

224 SE DEBELL
BARTLESVILLE, OK 74006-2305