



December Newsletter

THANK YOU TO ALL OUR PATIENTS FOR A
WONDERFUL 2021!

2021 has continued to be a challenging year for all. As the COVID Pandemic has continued, it has continued to affect the day to day lives of everyone throughout the world, and throughout our communities. We are grateful that you have entrusted us with the continued management of all your food allergy, environmental allergy, asthma, and immunologic needs. Watching each of our patients make progress towards improving their quality of life has been so rewarding.

We hope that all of you have stayed healthy and have been able to enjoy this holiday season to its fullest. We look forward to continuing to work towards helping every one of our patients to achieve their health goals in this new year.

As a reminder, if your insurance has changed in the new year, please reach out to your local clinic to update your insurance information to make for a smooth transition of care for 2022. Check your calendars to see if you are due for a follow up appointment for your allergy shots, asthma, food allergy, or other immunologic conditions.

COLUMBIA ALLERGY'S 2021 HIGHLIGHTS



COVID Testing Guidelines

How to Minimize COVID-19 Cases this Winter

When should you get tested for COVID?

- ☛ According to the CDC, the incubation period for the coronavirus in the US was 2-14 days, with a median of 5 days from when a person was exposed to when their symptoms began. The CDC currently recommends that fully vaccinated individuals get tested for COVID 5-7 days after a known exposure, regardless of whether they have symptoms. A person is typically the most contagious after exposure to the virus and 1-3 days before symptoms occur. Since most symptoms begin within 14 days of exposure, getting tested 14 days or more would be too far out to be effective in preventing or reducing COVID-19 infections when traveling or visiting with others for the holidays.
- ☛ Boosters of the COVID vaccination have been shown to have improved immunity against contracting COVID. However, with the new variants emerging, this does not mean that you can't contract and spread COVID. As a result, even with the booster vaccine you can follow the same guidelines mentioned above for fully vaccinated individuals.

When do you need to isolate?

- ☛ We recommend following the CDC's guidelines on isolation protocols after being exposed to COVID. As of right now, if you are fully vaccinated you do not need to isolate yourself after traveling even if you have been exposed to a person with COVID, unless they are symptomatic. Fully vaccinated are recommended to get COVID tested 5-7 days after an exposure even if asymptomatic, and to wear a mask indoors in all public places for 14 days after their COVID exposure or until they receive a negative test. Applying these guidelines to traveling, if you are vaccinated and want to be tested after traveling as a precaution you can get tested for COVID 5-7 days after you return home. If you are unvaccinated, you should wear a mask when around others and get tested 5-7 days after returning from travel and continue to wear the mask until you have a negative test result or until 14 days have passed.

Does it matter what kind of test you get?

- ☛ Most COVID tests are fairly accurate now, so it does not matter what type of test you get. Tests performed by certified testing centers are the most accurate, but self-tests are still a fairly accurate way to test for COVID easily before and after traveling or participating in large gatherings for the holidays. If you have a positive result when using a self-test, the CDC recommends staying home and isolating for 10 days and wearing a mask while around any other people during those 10 days. A positive at home test should be followed up with a PCR test at a testing center to confirm a true vs. false positive result. A negative self-test may indicate a false negative, or that you do not have the virus. The CDC recommends re-testing in a few days, at least 24 hours apart, to ensure the negative result is accurate. When in doubt, or for advice on what test is best for you, please consult with your health care provider.

DECEMBER POLLEN COUNTS

Check out these updates for the pollen counts in your area for the month of November. For the most up to date information, you can also head to the American Academy of Allergy Asthma & Immunology website where they have certified pollen counting stations that are part of the National Allergy Bureau.



California Bay Area Pollen Counts

Tree Pollen Counts - **Low**

☼ Top species found: Ash, Juniper Family, Cedar, Pine Family with air bladders

Weed Pollen Counts - **Not Present**

Grass Pollen Counts – **Not Present**

Mold Count – **Not Present**

Washington/Oregon Pollen Counts

Tree Pollen Counts – **Moderate**

☼ Top species found: Juniper Family, Cedar

Weed Pollen Counts - **Not Present**

Grass Pollen Counts - **Not Present**

Mold Count - **Not Present**

Idaho Pollen Counts

Tree Pollen Counts – **Moderate**

☼ Top species found: Juniper Family, Cedar

Weed Pollen Counts - **Not Present**

Grass Pollen Counts - **Not Present**

Mold Count - **Not Present**

MEDIA COVERAGE



SAN FRANCISCO
BAY AREA MOMS™

Our OIT and SLIT Journey: Any Progress is Good Progress

Our OIT and SLIT Journey: Any Progress is Good Progress

erapy; however, when it comes to food
knew our LO was sensitive, we didn't
but the point is this: the personalized

Not long ago, I spoke of SLIT and how it's been a game-changer for our LO on our journey. I am proud to say that – it works! Our LO is finally, finally, continuing his OIT up dosing. In most cases, children undergoing OIT gain a "bite-sized protection" within about 6-months of starting the therapy; however, when it comes to food allergies, one size certainly does not fit all. While we knew our LO was sensitive, we didn't know how sensitive he was. I'll save you the specifics, but the point is this: the personalized care that my LO has received at Columbia has been simply outstanding. From modified OIT dosages to shifting to SLIT and advice on managing different triggers, Dr. Jain has really taken the time to keep us progressing, even it's only baby steps at times. His calm demeanor, a steady hand, and straightforward answers have made us feel confident, each step of the way. We also feel assured that we can always reach Judi, Columbia Allergy's head nurse at any time with any questions or to report any questionable symptoms.

Report ad

verywellhealth

What to Look for in At-Home COVID Tests

Results Speed

A big deciding factor when it comes to COVID test kits is their results speed time. According to board-certified allergist and immunologist [Sanjeev Jain, MD, PhD](#), PCR tests must be mailed into a lab to test a collected sample, so it can take several days for them to notify you of a positive or negative result.

That may be fine if you're getting ready to travel, working from home, or self-isolating because of potential exposure, but not if you were exposed several days ago and need to know ASAP if you're infected.

The 9 Best At-Home COVID Tests of 2021

"An antigen test provides rapid results in 10 to 15 minutes, so this can be an ideal option if immediate results are needed," says Dr. Jain.

Men's And Women's Immune Systems Have
Some Key Differences

Men's And Women's Immune Systems Have
Some Key Differences

How Men's And Women's Immune Systems Differ

When it comes to the way men's and women's immune systems respond to infections, acute and chronic diseases, vaccines, and more, sex hormones play a huge role.

"Generally speaking, estrogen (the female sex hormone) has been found to enhance the immune response, while testosterone (the male sex hormone) has been found to suppress the immune response," explains Sanjeev Jain, M.D., board certified allergist and immunologist at Columbia Allergy. "It has also been noted that estrogens and testosterone activate different mediators of the immune system, so male and female immune systems likely respond differently to illness."

Columbia Allergy Clinic has 13 convenient locations across state lines in Fremont, Oakland, Redwood City, California; Beaverton, Clackamas, Gresham, McMinnville, and Tigard, Oregon; Bellevue, Fishers Landing, Longview, and Salmon Creek, Washington; and Eagle, Idaho.

<https://www.columbiaallergy.com/>