

## SEPTEMBER NEWSLETTER

### NEW LOGO



BEFORE



AFTER

If you made a visit to our website recently you may have noticed something a little different. With all the changes 2020 has brought us, we wanted to embrace the change and we made the decision to update our logo! We are currently in the process of retiring our old logo and switching over to this new one - so do not be alarmed. We aren't going anywhere; we are just showing up with a new brighter and cleaner look!

### REDWOOD CITY OPEN HOUSE



We are excited to announce we will be hosting a virtual open house at our Redwood City location on Wednesday, October 7th! The open house will take place from 2-5 pm through Zoom. We will be giving a tour of the office and introducing our amazing staff! Dr. Gandhe and Dr. Jain will also be present to answer your questions regarding their unique food allergy services and more. Mark your calendars and keep an eye out for the official invitation which will contain the Zoom link for the event. We look forward to meeting all of you soon!

**Redwood City Location:** 80 Arch Street, Redwood City, CA 94062 **Phone:** (650) 368-2371

**NEW  
LOCATIONS  
IN OREGON**

We are excited to announce that you can now receive our services at the existing Asthma Allergy Center clinics throughout the Oregon area! Keep an eye out for additional information about our merger with Asthma Allergy Centre! Visit [asthmaallergycentre.com](http://asthmaallergycentre.com) to see our new locations and services provided at these Oregon Clinics!

**PATIENT  
PORTAL &  
BOOKING  
APPOINTMENTS  
ONLINE**

Introducing our new Patient Portal! In this portal, patients can access documents from a visit, view lab results, request an appointment and medication refills and communicate with your clinic staff! Access to the portal can be found on our website under the “Patients” tab. Register for an account if you haven’t done so already to make your care at Columbia Allergy as seamless as possible!

During the COVID-19 pandemic, Columbia Allergy has been working towards upgrading our online options to better serve our patients. We are proud to announce that new and existing patients now have the option to book an appointment online! To take advantage of this feature, visit our website home page and click on the Appointment tab!

**NEW  
PROVIDERS**



Meet Kate Gellar, our new Physician Assistant at our Oregon offices! Kate loves working with patients to help them gain a thorough understanding of their medical condition. She is also passionate about guiding her patients towards improving their quality of life through management of their chronic conditions. We are excited to have Kate as part of our team. Call our Gresham office at (971) 220-2202, our Clackamas office at (971) 220-2201, or go to our website to book an appointment with Kate to meet her yourself!

## FLU SHOT

As the summer months fade away, September has arrived and brought with it fall, and unfortunately that means flu season is upon us. Flu season can be a stressful time of the year, especially in patients who are already suffering from asthma and allergies. The COVID-19 pandemic has put extra pressure on healthcare workers and patients this Fall, so it is very important to stay well informed about how to protect yourself during this time! To help you stay informed Dr. Jain has answered some frequently asked questions:

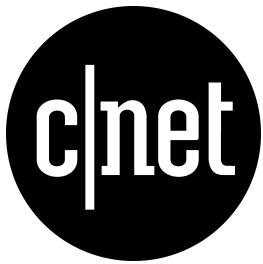
- **What does the flu shot physically do once it's in your body?** - Once injected in the body, the flu vaccine helps to generate specific protective antibodies that help protect you against the actual infection with flu virus.
- **What are some other side effects of the flu shot?** - Soreness, redness, and swelling where shot is given, fever, muscle aches, and headache can happen after influenza vaccine. A very small increase in risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot) is reported. As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.
- **How long might they last?** - If these problems occur, they begin soon after vaccination and usually are mild and short-lived and resolve in 24-48 hrs after the vaccination in most of the cases.
- **What causes them?** - When you get a vaccine, your immune system gets activated in order to build a protective response against the viral protein. As a result of this, there is a transient release of inflammatory mediators in your body that causes these symptoms.
- **How can you help alleviate flu shot side effects?** - Usually, the post vaccination symptoms are relatively mild. You can take Acetaminophen [AKA Tylenol] to help relieve these symptoms if they are bothersome.
- **Why is it still so important for you to still get your flu shot, even if it might make you sleepy or sore?** - The benefits from getting a flu vaccine significantly outweigh the risks or adverse effects associated with it and are as follows:
  - Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year
  - Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.
  - Flu vaccination is an important preventive tool for people with chronic health conditions.
  - Flu vaccination helps protect women during and after pregnancy.
  - Flu vaccine can be lifesaving in children.
  - Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
  - Getting vaccinated yourself may also protect people around you.

IN THE NEWS

BUSTLE

### How The Flu Can Affect Your Mental Health, According To Doctors

Dr. Jain shares his expert opinion regarding the flu this season.



### The Dangers of Essential Oils: Why Natural Isn't Always Safe

Dr. Jain discusses potential signs of an allergic reaction to essential oils.



### The Best Air Purifiers to Help You Stay Healthy

Dr. Jain shares who may benefit most.



Columbia Allergy Clinic has 16 convenient locations across state lines in Fremont, Oakland, Redwood City, Sunnyvale, San Mateo, California; Clackamas and Gresham, Oregon; Bellevue, Fishers Landing, Longview, and Salmon Creek, Washington; and Eagle, Idaho.

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