

FEBRUARY NEWSLETTER

MEET OUR REGISTERED DIETICIAN



Living with food allergies can be very challenging and can make it difficult to incorporate all the essential nutrients into a diet. We provide services from a dietician to help you manage your dietary and allergy needs seamlessly.

Chau N. Brodnan, MS, RD graduated with a Bachelor of Science in Business Administration from The Ohio State University and a Master of Science in Nutrition from Bastyr University. She spent most of her early dietetics career in acute care as a medical ICU and neuro ICU dietitian before transitioning to outpatient care for ALS individuals. More recently she has been working with allergy patients at Columbia Asthma and Allergy. Chau enjoys helping individuals find the joy in eating even with allergy restrictions. In her free time she enjoys exploring the Pacific Northwest with her husband and 2 kids.

Chau is based out of Washington, but is available for telehealth consults for all our locations.

WEBSITE UPDATES

[DOWNLOAD OUR FLYER \(PDF\)](#)

Have you noticed this new Download Our Flyer icon on our service website pages? We have created and uploaded patient information flyers with details specific to our services at Columbia Allergy on what you can expect for each service, how to prepare, and other key points. When you have a minute, we recommend checking them out!

**NEWS FROM
OUR PARTNER:
CAMP BLUE
SPRUCE**

For the past 5 years Columbia Allergy has proudly been partnering with [Camp Blue Spruce](#) by donating our medical services at this camp specially designed for kids with food allergies! Our medical providers and nurses share their food allergy expertise and donate their time as volunteers at the camp to help ensure the safety of all the campers. Camp Blue Spruce is

Oregon and is designed to accommodate up to 80 children ages 9 – 17 with food allergies.

Camp Blue Spruce is now offering a Cooking Club!

Introducing the Blue Spruce Cooking Club with Your Allergy Chefs! Share an exciting adventure through the ins and outs of cooking delicious food, free from the top nine food allergens. You will build confidence and independence in the kitchen, all while building community with other kids cooking with food allergies.

Join [Your Allergy Chefs](#), Joel and Mary Schaefer, for an interactive series of classes and learn how to create a full Italian meal from appetizers to dessert. Participants join virtually, cook along with the chefs, and create delicious meals at home. Each class includes a recipe and supply list, an hour of instruction, and a cooking demonstration, as well as time afterward to ask your questions about substitutions, techniques, and tips. Join the [Camp Blue Spruce](#) community and Joel and Mary on this knowledge building, skill developing, fun food endeavor! Sign up for all four classes and receive Camp Blue Spruce kitchen swag!

Who: Youth and teens ages 9 – 17 looking for a guided experience with the opportunity to interact with the chefs. Families welcome during our two-part spring series.

Dates:

Feb. 27th – Spaghetti and Meatballs and Parmesan Cheese

March 27th – Hot Chocolate Float and Italian Cookie

April 24th – Refrigerator Chef

Time:

PACIFIC 2:00 – 3:30 PM

CENTRAL 4:00 – 5:30 PM

EASTERN 5:00 – 6:30 PM

Cost:

- Register for one class at a time to receive the recipes and a taste of the Camp Blue Spruce Cooking Club experience. \$30/class
- Financial assistance is available.



Register at <https://campbluespruceoregon.wufoo.com/forms/k11y5tdw0ealtb7/>!

SPRING ENVIRONMENTAL ALLERGIES

Spring is right around the corner and that means those with seasonal allergies, primarily experiencing symptoms in the spring, are likely to be affected shortly. Tree



pollens are the main culprit of allergy symptoms across the Pacific Northwest and California. Some common tree pollens are alder, juniper and birch. As March approaches, grass pollens will start contributing to high pollen counts in these areas.

Some symptoms you may experience if you have an allergy to these environmental substances include:

- Sneezing
- Runny nose
- Nasal and sinus congestion
- headache
- Post-nasal drip
- Ear congestion
- Coughing
- Worsening of asthma symptoms

If over the counter medications such as Zyrtec, Claritin or Allegra are not effective in managing your seasonal allergy symptoms, we offer a variety of allergy treatments. You may be a candidate for subcutaneous (allergy shots), sublingual (SLIT) or ultrasound-guided intralymphatic immunotherapy (ILIT). Consider making an appointment to consult with your provider to see which option is right for you!

COVID CORNER

Why are masks and social distancing still necessary to keep the community safe even after you receive your second COVID-19 vaccine injection?

When you are fully vaccinated with the COVID-19 vaccine, your body has most likely developed antibodies to prevent you from getting sick should you be exposed to the virus. However, the vaccine does not stop you from being exposed to the virus.

It is important to continue to social distance, wear masks, and perform good hand hygiene because you could in theory be a vector and still spread the virus to those around you, similar to how asymptomatic carriers have been responsible for infecting other people they have interacted with. In addition, we do not have enough long term data to know how long your antibodies from the vaccine will last, so it is best to err on the side of caution until we have more information.

Is it safe to travel by plane after receiving your second COVID vaccine?

After receiving your second dose, it can take up to 2 weeks for your antibodies to be fully developed. Both vaccines were shown to be about 95% effective at preventing COVID-19 illness after receiving both doses, so after both injections you are fairly well protected against contracting COVID-19. If you are considering travelling by plane, we recommend waiting at least 2 weeks after your second injection to allow your immune system to do its job and build the maximum protection against COVID-19. If you do choose to travel by plane, it is still recommended that you wear a mask appropriately covering your mouth and nose, to avoid touching your eyes, mouth, and nose, and to wash your hands after touching anything especially before eating or drinking.

What are best practices for traveling safely after you're vaccinated?

Since there are still many people who are unvaccinated at this time, caution should still be taken with travel. Continue to look into county rules and regulations surrounding COVID-19 and plan to follow these prevention guidelines. Avoid interacting unmasked with friends and family who have not yet been vaccinated. Remember that you can potentially still spread the virus to others so act in a respectful manner and continue to take proper precautions such as maintaining social distancing, wearing masks, and performing good hand hygiene. Even in places where these precautions are not required, we recommend you still perform them to help ensure the safety of others.

What infection rate indicators should you look for in your community and the community you're traveling to to help you determine what safety precautions are best?

The CDC, as well as state and county public health websites are a great resource for determining which precautions should be taken and which areas may be safest to travel to. Some data points worth looking at include the percentage of ICU beds occupied, number of new COVID-19 cases, as well as tier status or the equivalent to understand what restrictions are in place. It would be best to avoid places that have low ICU bed capacity and high rates of new COVID-19 cases.

If you are living in an area with a large number of new cases of COVID, it may be best to wait to travel, especially to areas with few new cases of COVID. If you were exposed to COVID-19 and asymptomatic, you could potentially spread the virus to the place of travel and contribute to an increase in COVID cases in that county. We recommend that you travel responsibly, and consider the effect your travel could have on the community you plan to visit. In addition, remember that just because no restrictions are in place does not mean that COVID does not exist in that area. Anywhere you are interacting with people, especially when within 6 feet of someone who is unmasked, there is a risk of contracting or spreading the virus. While these guidelines are appropriate for now, we expect that in the next few months, if more than 70% of the population is protected through vaccinations, the incidence of infection will go down sufficiently that life can return back to some level of normalcy.

IN THE NEWS

verywell health

Can COVID-19 Be Transmitted Through Food?

Dr. Jain weighs in...

BUSTLE

Can You Travel If You're Vaccinated?

Dr. Jain shares why you may want to wait.

yahoo!

Is it Safe to Get The Second Dose of Covid-19 Shot in the Same Arm?

LIVESTRONG.COM

The One Breakfast Immunology Experts Want You to Eat More Often

Dr. Jain's tips for starting the morning right.

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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/>