

November Newsletter

MANAGING FOOD ALLERGIES THIS THANKSGIVING

Managing Food Allergies this Thanksgiving

Thanksgiving is known for being a day to celebrate good friends, our families, and of course, good food! If you or a loved one suffers from a food allergy, the Thanksgiving meal should be approached with some caution. It is always best to inform the host and guests at a communal holiday event if anyone attending has a food allergy. Some patients with a severe food allergy can experience a reaction after touching the food allergen or even inhaling small airborne particles of the food. If this is the case, best practice would be to avoid cooking any foods that contain the known food allergen and to wash all dishes and cookware well before using to ensure no residue of the allergens remain. If complete avoidance of cooking with the allergen is not possible, special allergy-free dishes can be prepared or brought for the person with a milder food allergy. If there are allergy-free foods available, these foods should be well labeled and set aside so that no cross-contamination occurs. As a precaution, the person with a food allergy should always carry their epinephrine auto-injector with them as well as some over-the-counter allergy medications to manage an accidental reaction should one occur.

Treat All Food Allergies with Equal Caution

All food allergies should be approached with an equal amount of caution. The type of food does not influence management. Instead, the severity of the reaction dictates the extent of precautions that need to be taken to keep the patient safe. All patients and those cooking for the food allergy patient should closely check all labels to see if they contain the allergen or are processed in a facility that contains the allergen. A patient can be allergic to the food even when cooked, so best practice would be to avoid any foods that contain the known allergen. The severity of a food allergy can be determined by the patient's reaction history, a skin prick test, an IgE blood test, or a food challenge.

Tell Your Friends/Family with Food Allergies About OIT!

Dr. Jain is a world-renowned food allergy expert who is known for being the earliest pioneer in food allergy desensitization treatment using OIT for shrimp and nut allergies. The providers at Columbia Allergy commonly use OIT to treat anaphylactic food allergies by safely reintroducing the food back into your diet through a desensitization process. This ongoing exposure to the allergen in a controlled environment helps the immune system to stop seeing the food as a threat and to stop triggering a significant allergic reaction every time the person encounters that food.



HOLIDAY FUN AT COLUMBIA ALLERGY

At Columbia Allergy, our patients are our number one priority. Our goal is to provide a safe and enjoyable allergy treatment experience for every patient we meet. This Halloween, our staff joined some of our patients in dressing up and having a fun food allergy friendly holiday!

As a reminder, our offices will be closed for the following days in observation of the remaining holidays in 2021:

Thursday, November 25th & Friday November 26th

Friday, December 24th

and Friday, December 31st



COVID Vaccine in Kids Ages 5-11

We now have Pfizer vaccines for Adults AND children!

Pfizer and Moderna Vaccines are available as scheduled:

Fremont Vaccine Days - Tuesday and Wednesday

Redwood City Vaccine Days - Tuesday and Thursday

To sign up, go to <https://myturn.ca.gov>.

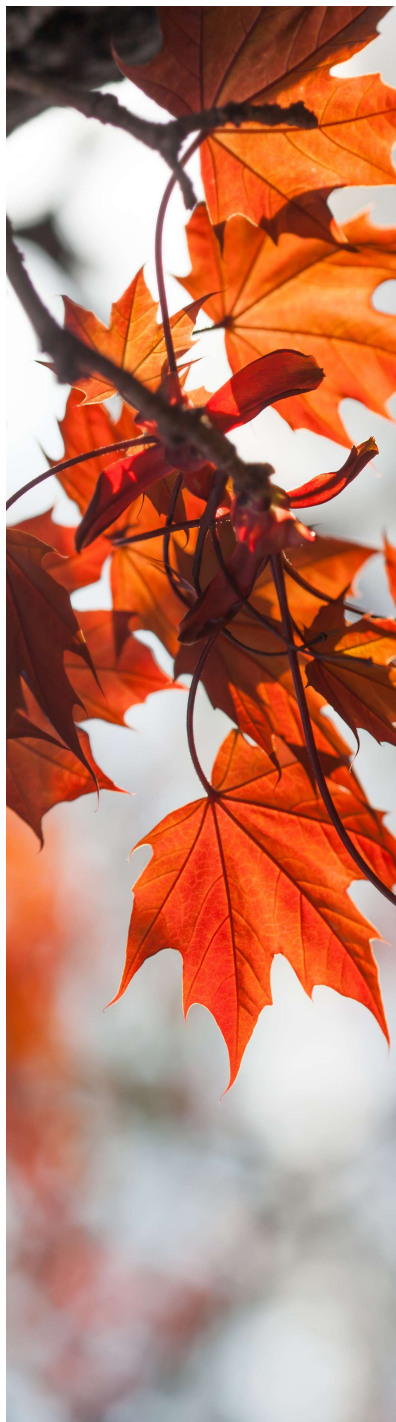


Our Fremont location can be found listed with the Alameda County locations and Redwood City can be found listed with the San Mateo County locations.



NOVEMBER 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: Elm, Pine Family

Weed Pollen Counts - **Moderate**

- Top species found: Sage, Wormwood

Grass Pollen Counts – **Not Present**

Mold Count – **HIGH**

- Top species found: Ascospores: Leptosphaeria, Venturia, Ascobolus, Diatrypaceae, Pleosporia, Xylaria, Chaetomium, Sporormiella, Claviceps, Ascomycete; Basidiospores: Coprinus, Agrocybe, Agaricus, Inocybe, Laccaria, Gandoderma

Washington/Oregon Pollen Counts

Tree Pollen Counts – **Not Present**

Weed Pollen Counts - **Not Present**

Grass Pollen Counts - **Not Present**

Mold Count - **Not Present**

Idaho Pollen Counts

Tree Pollen Counts - **Not Present**

Weed Pollen Counts – **High**

- Top species found: Sage, Wormwood

Grass Pollen Counts – **Not Present**

Mold Count – **Moderate**

- Top species found: Cladosporium, Alternaria, Smuts/Myxomycetes: Fuligo, grass smut, Urocystis, Ustilago, Tilletia

MEDIA COVERAGE

The logo for yahoo!life, with "yahoo!" in purple and "life" in black.**Doctors Explain Why Your Allergies May Feel Worse as Those Crisp Autumn Days Set In**

Like spring allergens, these fall culprits tend to be most prevalent for a specific period of time - but the climate can also have an impact. "Fall allergy season for those with weed allergies will start in August and last through October," explained [Sanjeev Jain](#), MD, PhD, a board-certified allergist and immunologist practicing at Columbia Asthma and Allergy Clinic. "Weather conditions such as a drought, [increased rainfall](#), snow, temperature, and other factors can affect the length and severity of these allergy seasons."

The logo for "theCHECKUP BY SingleCare", with "the" in blue script, "CHECKUP" in white bold, and "BY SingleCare" in white with a blue icon.**Do you need a COVID-19 booster shot?**

The FDA states if you meet this criteria, you might benefit from a booster dose and can get the shot six months after your second dose. "This is when a declined immune response is likely to start occurring based on current data," explains Dr. Jain. "At this time, we recommend frequently checking the CDC's website to stay up-to-date on booster guidelines." When immunity declines, you may be more likely to develop severe illness from COVID-19.

The Most Common Food Allergies in Kids

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The logo for verywellfamily, with "verywell" in dark green and "family" in purple.

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/>