Food Allergy, Environmental Allergies and Immunotherapy

I am a true believer of Immunotherapy as I am a patient myself. I suffered long enough with minimal improvement in my symptoms while using prescription medications, including nasal steroid sprays and antihistamines. There were also side effects such as nasal tissue burning, bad taste and drowsiness. I decided to bring Allergy Testing Immunotherapy to Miramont Family Medicine. I finally had improvement with my symptoms and was able to stop my medications and their side-effects.

Allergy testing is a relatively safe procedure that involves either skin pricks and/or a blood test of several allergens of the environment, including pollen from trees, weeds, grass, animal dander and molds. A hive or wheal is a positive reaction that is measured at 20 minutes and we can then determine what you are allergic to and its severity. From this a patient-specific subcutaneous or sublingual (i.e. shot or drop under the tongue) immunotherapy serum is made and used to desensitize your immune system over a titration period of about 3 months. Once you have reached your maintenance dose (about 3 months) your symptoms will be close to 80-95% better! You will continue immunotherapy for a period of 3-5 years. Skin testing can be done on a patient as young as 5 years of age due to its mild discomfort while sublingual immunotherapy is safe and easy to do in children as young as 2 years of age. The winter season is the best time to start immunotherapy as it is typically a low allergy season for most, therefore we are able to titrate up faster to reach your maintenance dose.

Food allergies are also a very pressing problem in our community. Symptoms may include headache, fatigue or irritable bowel just to mention a few. We will discuss and provide guidance with the ‘Caveman Diet’ and ‘Challenge’ trials of the 6 most common foods and expand as needed. A blood test can be done in our office to help determine if you have any food allergies.

There is no time to lose, Spring is around the corner!

Call to schedule your allergy consultation with Dr. Rodriguez at Miramont Family Medicine

(970) 482.0213
New Faces

Welcome to Terry Sipola and Karen Campbell!
Miramont Family Medicine is pleased to announce the addition of Terry Sipola, Nurse Practitioner and Karen Campbell, Nurse Practitioner.

Terry Sipola
Nurse Practitioner

Terry comes to us from Air Ambulance Specialists, where she was a Critical Care Flight Nurse. Terry completed her advanced nurse training at Duke University in North Carolina. Terry will be working in our Centre and Wellington offices.

Karen Campbell
Nurse Practitioner

Karen comes to us from Ultimate Health and Wellness, where she worked in conjunction with Dr. Mike Towbin. Prior to that Karen was with the Family Medicine Center for 7 years. Karen completed her advanced nurse training at the University of Texas at Arlington. She will have office hours at our Snow Mesa location.

Medical Aesthetics

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We offer personalized chemical peels, medical grade microdermabrasions with infusions that target a variety of different skin problems. Acne treatments and skin rejuvenation for sun damaged, aging skin. Best of all; we offer the latest technology in many different types of lasers. Everything from laser hair removal to vein therapy. We also have the newest generation CO2 fractional laser for resurfacing without all the down time of the old generation CO2 procedures. Targeting wrinkles and hyper pigmentation, along with acne scarring and stretch marks.

Please feel free to check out our website and educate yourself in all or any that you may be interested in. Give me a call, I would love to meet with you and walk down that path of skin rejuvenation together 970-482-0213

Sign up to be on our email list & receive updates and aesthetic specials

www.miramontlaser.com
Many of us will make 2013 New Year’s resolutions. Why not make some that will pave the way for a healthier and happier future? Below are two of what I believe to be the most important changes we can make for our health this year.

Be Realistic

Many resolutions revolve around food and weight and it is important to take baby steps when working toward these goals. Telling yourself you are going cut out all sweets for the rest of the year may not be the most reasonable approach. Try making one nutritious exchange per day such as substituting that afternoon soda for a glass of milk.

The next week pack a lunch for two days instead of eating out. Even these small changes can make a world of a difference and they will start to become part of your normal routine.

It’s ok to cheat every once in awhile. Have a piece of cake at your friend’s birthday party, but then go home and have a healthy dinner. Depriving yourself to much will only create frustration and derail you from achieving your goals.

Lastly, make healthy eating exciting! Play around with new recipes and try that odd-looking fruit at the store. Nutrition is really about enjoying food and all it has to offer.

EAT!

It is tempting to want to restrict your diet after the holidays. However, starving your body will not help you meet your health or weight loss goals. When your body is not getting energy from food, it takes from muscles first, not from fat. Lean muscle is an important component of a healthy weight because of its high metabolism. And, when you do start to eat normally again, your body will store the extra calories as fat.

So what can you do to avoid this? Fill yourself with whole foods. Fruits and vegetables contain fiber and water which help you feel full and satisfied throughout the day.

Don’t ignore your body when it tells you it is hungry. Make sure snacks are available so you won’t eat too much at your next meal.

Another helpful tip: don’t drink your food. Juice diets have been a popular trend, but the simple act of chewing your food is in fact beneficial.

Juices also do not include fiber and other important nutrients present in whole produce. Sugar is also an issue with juice diets. Even if juices are 100% fruit and vegetable blends, they can be overloaded with natural sugars, increasing your calorie consumption.

Bottom line: Eat when you are hungry, but choose whole foods. You will start making positive and healthy changes without depriving your body of the fuel it needs.

By Holly Heckman
MFM Nutritionist
FORT COLLINS

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