



# the Trumpeteer

An Ear- Responsible Publication of Central Carolina ENT, PA

## Planning for Next Year's Allergy Season by Doris Lin, MD



Allergies are diseases of the immune system that cause an overreaction to a substance that does not cause a reaction in most other people. Allergies are grouped by the kind of trigger, time of year or where symptoms appear on the body: indoor and outdoor allergies (also called “hay fever,” “seasonal,” “perennial” or “nasal” allergies), food and drug allergies, latex allergies, insect allergies, skin allergies and eye allergies.

These substances can trigger sneezing, wheezing, coughing and itching. Allergies are not only bothersome, but many have been linked to a variety of common and serious chronic respiratory illnesses (such as sinusitis and asthma).

Additionally, allergic reactions can be severe and even fatal. However, with proper management and patient education, allergic diseases can be controlled, and people with allergies can lead normal and productive lives.

Good allergy treatment is based on the results of your allergy tests, your medical history, and the severity of your symptoms. It can include three different treatment strategies: avoidance

of allergens, medication options and/or immunotherapy (allergy shots and sublingual therapy). Medication options have traditionally included antihistamines (such as diphenhydramine, loratadine, or cetirizine), nasal steroids (such as fluticasone), nasal antihistamines (such as azelastine) or leukotriene receptor antagonist (such as montelukast). Patients often need at least one of these medications to control their symptoms. Some need a combination of the four types of medications (even up to all four).

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### Two New Immunotherapy Tablets from Merck



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## Christine Lupiensi RN, FNP-C

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After failure of medical management, allergy patients are often considered for immunotherapy which has traditionally been “allergy shots.” This is a “custom made” allergy shot made of the substances the patient is allergic to and gradually injected in higher and higher concentrations into the patient to build up “immunity” or resistance to the allergen. There is a risk of anaphylactic shock with allergy shots, so most offices require that shots be given in the office and the patient is observed for a period of time. A newer way to deliver allergy immunotherapy is called sublingual therapy. This method has been around for a while in Europe. In 2014, the FDA approved a few agents for use in the U.S. Two products to treat grass allergies (**Grastek** and Orolair) and one to treat ragweed (**Ragwitek**). Sublingual therapy has been found to have a lower risk of anaphylactic shock and thus the patient can take at home. For maximal benefit, these sublingual tablets should be started 12 weeks before the allergy season and continued through the season (for grass allergy, start tablets in February, for weed allergy, start in May).

If you suffer from grass allergies, you can actually start the sublingual tablets now for next summer to get a year round benefit. If you have bad allergies in the summer (grass allergy) and or the fall (weed allergy) and have tried all the other allergy medications out there but aren't “ready” for allergy shots, ask your allergist or ENT doctor about these newer sublingual tablets now and be prepared for next year!

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## Meet Michael MacKinnon, Au.D CCENT's newest Audiologist



Michael MacKinnon, AuD CCC-A, received an undergraduate degree in Anthropology at the University of Massachusetts, Amherst and a doctoral degree in Audiology at the University of Washington, Seattle. Dr. MacKinnon is a member of the American Speech-Language-Hearing Association. Prior to moving to North Carolina Dr. MacKinnon has worked in several different settings including a school for deaf and hard of hearing children that focuses on the use of intensive technology to facilitate the acquisition of spoken language, Ear Nose and Throat Doctors offices and at a non-profit for the deaf and hard of hearing. Dr. MacKinnon's clinical experience includes providing hearing and balance evaluations as well as programming of hearing aids and cochlear implants for both the adult and pediatric populations.



# The Resound Smart App

Reviewed by JP Miller, MS CCC-A

Fitting Resound hearing aids has given me the opportunity to work with the **Resound Smart app**. Patients love the way they can control certain functions of their hearing aids from their iPhones© and or select Samsung Galaxy© and Note© cell phones. Samsung products require a phone clip for audio streaming.



Once the hearing aid (s) have been paired to the cell phone, the Smart app immediately brings you to a screen where you can discreetly control the volume, treble, and base. From there, tapping the upper left corner of the screen, shows the programs that are currently installed in the hearing aid (s). Just touch the program you want to go to.

If you misplace your hearing aids, you can quickly track them down with the Resound Smart app's '**Finder**' function. If you leave your hearing aids on the table at that restaurant, you can use the "Finder" function to show you the exact location where you left them. If you can't find your aids at your home, you can quickly track them down too utilizing your cell phone.

Another interesting feature is called **Favorite**. If you change the hearing aid settings at a specific location (like a restaurant), you can save those changes under "Favorites" and recall those setting changes the next you are at that location.

All in all the Resound Smart app is quite amazing as it lets you control and configure certain aspects of your hearing aids through your cell phone. It can be downloaded free from the Apple store or on Google play. If you own an iPhone, iPod, or iPad or select Samsung Galaxy and Note products, and are considering getting hearing aids, you should look at the Resound product line. The patients I've fitting with Resound hearing aids, love the Resound Smart app. Visit [www.Resound.com](http://www.Resound.com) or go to [www.youtube.com](http://www.youtube.com) and search for the Resound Smart app to learn more.



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