

**Welcome
to
Lakeside ENT & Allergy**

Thank you for choosing us for your allergy needs. We offer a variety of testing for our patients such as environmental testing for pollens like trees, grasses and weeds. Animals, molds and penicillin testing as well. We also offer food testing in both skin testing and blood testing.

There are some measures that you will need to take in preparation for your testing appointment. All oral antihistamines must be discontinued one week prior to testing. Some examples of these are Diohenhydramine (Benadryl), Loratadine (Claritin), Cetirizine (Zyrtec), Desloratadine (Clarinex), Fexofenadine (Allegra). Levocetirizine (Xyzal), Tylenol/Advil PM. Some medications taken for stomach ailments will interfere with testing as well and must also be discontinued. Examples are: Ranitidine (Zantac), Famotidine (Pepcid), Cimetidine (Tagamet).

Beta-Blockers are medications used to treat blood pressure. These medications are contraindicated for skin testing. Please consult with a Doctor/Nurse if you are on one of these medications. Examples of these are: Metoprolol (Toprol), Propranolol (Inderal), Atenolol (Temormin), Carvedilol (Coreg), Nadolol (Corgard), Bisoprolol (Zebeta), Nebivolol (Bystolic).



Visit Any of Our 3 Locations

**229 Parrish Street Ste. 250
Canandaigua, NY 14424
(585)394-8800
(585)394-5942 Fax**

**4 Coulter Road
Clifton Springs, NY 14432
(315)462-9491
(585)394-5942 Fax**

**215 Summit Street
Batavia, NY 14020
(585)409-2002
(585)394-5942 Fax**



**Allergy
Treatment
Options**

**Eric A. Birken, MD, FACS, FAAOA
Jay A. Yates, MD, FAAOA
Srinivas R. Kaza, MD
Roger D. Sequeira, MD
Susan L. Fulmer, MD
Karen F. Cunningham, RNP**

Allergy Treatment Options...something for everyone!

Allergy Testing



Inhalant Testing: Consists of prick testing in the upper back. Results read after 20 minutes. This is followed by intradermal (superficial), individual injections in the upper arm. Results read after 10 minutes.

Food Skin Testing: Consists of prick testing in the upper back. Results read after 20 minutes.

Penicillin Testing: Consists of prick testing in the lower forearm. Results read after 15 minutes. This is followed by intradermal injections in the upper arm. Results read after 15 minutes.

After your testing, you will be asked to resume all antihistamines and follow up with the doctor to review the results of your testing.

**Ladies may wear a tank top under their shirt as we will require access to the upper back and upper arms for the procedure.*

Allergy Injections

The first option is weekly allergy injection immunotherapy. The purpose of this therapy is to gradually introduce the substances that you are allergic to into your immune system each week. Over the course of a few years, this therapy will desensitize your immune system to these substances. Your immune system will no longer think of these things as foreign invaders and will stop over-reacting with undesirable symptoms. This process involves coming into the office once per week, every week for approximately 3 years. Insurance will usually cover the cost of this therapy with a co-pay. Due to safety concerns a doctor will need to be present in the building when injections are administered.



Sublingual Immunotherapy: SLIT

Our latest treatment option is sublingual immunotherapy (SLIT). This therapy consists of daily drops that are administered under the tongue. Serums are formulated based on testing results. Therapy is typically 3 years in duration as well. This therapy is very safe, convenient and effective. However, due to the route of administration, insurance companies will not cover the cost. Please see an allergy nurse for more details on pricing.



With either form of therapy, every patient is given a prescription for an epinephrine auto injector device. The purpose of this is to have in the event to a potential anaphylactic reaction while away from the office. A nurse will instruct you how to use the device and make sure you are comfortable using it if needed.