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FALL 2014 NEWS

Allergy & Environmental TREATMENT CENTER, LLC



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TICKS & RED MEAT

The lone star tick, most notorious in the eastern part of the United States, is certainly making news headlines this year. Astonishing patients and doctors alike, the lone star tick has prompted hundreds of hospital visits and severe reactions to red meats.

According to Dr. Robert Valet, an assistant professor of Allergy and Immunology at Vanderbilt University, patients with the allergy can develop hives, swelling, and breathing problems between three to six hours after eating red meat. Dr. Valet adds, "They may even have a full anaphylactic reaction in which their airways close."

Red meat, including beef, pork, and venison, contains a sugar called alpha-gal, which the lone star tick passes to its victims. After the bite, the sugar enters the person's blood stream, which the immune system then flags. Antibodies then form against the foreign sugar causing an obvious skin reaction.

Dr. Amesh Adalja, an infectious disease specialist at the University of Pittsburg, says, "It's really the reverse of what we're doing when we give allergy shots. When you get a tick bite, it primes the immune system by exposing the blood to this sugar—and that allows the allergy to develop."



CAN TICKS CAUSE ALLERGIES?

Because this is such a new allergy mechanism and process, doctors are unsure how long the allergy will last in patients. Some patients who have contracted the allergy have had their symptoms resolved. Allergists urge patients to avoid red meat, as the number of antibodies in your body will exceedingly rise.

Research on the lone star tick has concluded other findings, including several serious bacterial infections that people can contract. Ehrlichiosis and tularemia can develop as a result to a lone star tick bite. If you think you have been exposed to a tick bite, please look for the following signs and symptoms:

- *Fatigue*
- *Fever*
- *Headache & muscle pain*
- *Swollen glands*
- *Circular rash—much like Lyme disease rash*

PREP FOR THANKSGIVING

HELP DURING THE HOLIDAYS

Thanksgiving, or any holiday for that matter, can be challenging if you have food allergies. Food is likely the focal point of your Thanksgiving holiday, with family huddled in the kitchen all day preparing for a family feast. If you suffer with food allergies, don't let holiday foods scare you. With the proper education and a few substitutions, you can feast on all the holiday goodies devoid of the top 8 food allergens.

To ensure a happy and safe Thanksgiving is achieved, consider these following tips from Dr. Liszewski and the

team at The Allergy and Environmental Treatment Center, LLC:

Come Prepared. This tip should go without saying. If you have food sensitivities, be sure to have your Tri-Salts on hand. If you have severe food allergies, be sure to bring your autoinjector in case of an emergency.

Communicate your needs. Make sure you have an emergency plan and that your host/guests are aware of your food allergies. Do this well in advance so everyone has time to plan and prepare food alternatives.

Bring safe food with you. To be really safe, bring some of your own prepared food. You never know if someone is going to accidentally drop some gravy on the gluten free turkey!

When in doubt, don't put it in your mouth. If you, or the person who prepared/bought the dish, doesn't know what the ingredients are, don't eat it!

Offer to help out in the kitchen.

One way to ensure all safety measures are taken while preparing food is to actually offer a helping hand. Get extra dishes and cooking utensils prepared so no cross contamination takes place.

Let those with food allergies be served first. If you are hosting the holiday and have family with food allergies, let them take their food first. This reduces the risk of cross contamination. It may also be wise to set extra dishes aside if people want seconds.



7 PRODUCTS THAT CAUSE ALLERGIES

TEST THESE PRODUCTS FOR POSSIBLE ALLERGIES

According to the American Academy of Allergy Asthma & Immunology, 5.7 million people schedule a doctors appointment because of skin allergies. Consider these 7 everyday products that prompt skin allergies the next time you purchase them:

1. PERFUMES & FRAGRANCES. Among the most common causes on contact allergies in adults, fragrances can be found in hundreds of products including shampoos, soaps, body washes, and household products.

2. NICKEL. Used to create metal alloys commonly found in jewelry, nickel is a big contributor to earlobe dermatitis. Before you purchase any jewelry, find out if nickel is used in the metal. Be careful when buying watchbands, eyeglass frames, zippers, buckles, etc.

3. LATEX. Made from rubber trees, latex is often found in rubber gloves, balloons, waistbands, and rubber bands. If you have itchy eyes, difficulty breathing, or develop a rash after using any of these products, you may have an allergy to latex.

4. HAIR DYE. Para-phenylenediamine (PPD) is found in permanent hair dye and can cause contact dermatitis for people with this sensitivity. We recommend you visit with a hair stylist who does not use products containing PPD. Ioan Dragomir, premier Scottsdale hair stylist, uses product that does not contain PPD nor ammonia. Check with your stylist or contact Ioan at Canyon Falls Hair Salon.

5. FABRICS & CLOTHING. The most common fabric allergy is to the texture, formaldehyde resins. Used to make waterproof and wrinkle resistant fabrics, formaldehyde can cause burning eyes, skin rashes, and chest tightness.

6. COSMETICS. Many times, the fragrances used in cosmetics cause allergies. Preservatives can also promote an allergic reaction including symptoms of skin irritation, swelling, and hives.

7. SUNSCREEN. What is intended to protect us from sun damage can actually cause an unwanted effect—skin rash. Para-aminobenzoic acid (PABA), benzophenones, oxybenzone, salicylates, and cyclohexanol are common ingredients in sunscreens that cause allergic reactions.

Roasted Acorn Squash

stuffed with Quinoa Mushroom Pilaf

SERVES 6



Ingredients:

- 3 medium acorn squash, halved lengthwise, seeds removed
- olive oil for brushing acorn squash
- 2 tablespoons olive oil, divided
- 1 onion, finely chopped, divided
- 1 cup quinoa, rinsed well and drained (red quinoa looks more festive)
- 1 1/2 cups vegetable broth
- 1/2 cup water
- 3 sprigs fresh thyme
- 2 cloves garlic, minced
- 1 1/2 cups mushrooms, finely chopped (omit if mold sensitive, can use any veggie of choice in place)
- 2 celery stalks, finely chopped
- 4 sage leaves, minced
- 1/2 cup toasted pumpkin seeds
- 1/4 cup dried cranberries
- salt and pepper, to taste

Laura McKay, BS

Health Educator



Laura received her Bachelor of Science degree from Arizona State University in Exercise Science and Wellness. She is our Health Education instructor for various AETC programs.

Directions:

1. Preheat oven to 400 degrees.
2. Brush tops and inside of squash cavity lightly with olive oil. Season lightly with salt. Roast in oven until fork tender, about 45 minutes to an hour. Roasting time will depend on the size of your squash. Remove from oven and set aside.

Quinoa Pilaf:

3. While acorn squash is roasting, heat 1 tablespoon olive oil in a saucepan. Add half the onion and cook until softened, about 2-3 minutes. Add the quinoa, broth, water and thyme, and bring to a boil. Reduce heat to low, and cook, covered, until liquid has been absorbed, about 15-20 minutes.
4. In a skillet, heat remaining tablespoon of oil, and add rest of onion, mushrooms, celery and sage. Saute until vegetables are soft and no more liquid from mushrooms remains.
5. Toss mushroom mixture with cooked quinoa, along with pumpkin seeds and dried cranberries. Season to taste with salt and pepper. Stuff acorn squash halves with Quinoa Pilaf.

Source:

April 2009; <http://www.onegreenplanet.org/vegan-food/roasted-acorn-squash-stuffed-with-quinoa-mushroom-pilaf>

Modifications in red by Laura McKay



Let us help you restore the vitality in your life.

Allergy & Environmental Treatment Center, LLC
8952 E. Desert Cove Drive, Suite 114
Scottsdale, AZ 85260

480.634.2985
allergyenvironmental.com