

CONNECTION

Summer 2013

Global Warming Makes Seasonal Allergies Worse

People may disagree about climate change and its causes, but recent data show that global warming is making allergies worse. According to Dr. Richard Weber, an allergist at National Jewish Health and president of the American College of Allergy, Asthma & Immunology, a series of studies conducted on three continents illustrates how the changing climate is affecting human allergies.

Weber's review, published in the *Annals of Allergy, Asthma, and Immunology* last spring, shows that we're experiencing longer allergy seasons, earlier onset of allergies and more pollen in the air. In Great Britain, for example, researchers have identified 385 plant species that are flowering earlier than ever, advancing by nearly a week over the last decade. In the U.S., ragweed pollen season has been extended 13 to 27 days, and short ragweed has shown increases in both biomass and pollen production between 61 and 90 percent.

Allergy sufferers can take several steps to reduce the impact of worsening allergy seasons.

Tips for allergy sufferers include:

- Take allergy medications early in the season, before your immune system has "revved up," to make them more effective
- Do outside activities early in the day before weed pollen counts reach their peak levels at midday
- Close windows, even at night, and use air conditioning instead to minimize floating weed pollens

Visit njhealth.org/professionals to watch a video.

Print a poster on spring allergies at njhealth.org/practicetools.



Global Warming Making Spring Allergies Bloom Earlier

RESEARCHERS SAY GLOBAL WARMING IS LEADING TO LARGER PLANTS AND EARLIER AND STRONGER POLLINATION

- What You Can Do**
 - Start early on allergy medication – trees may bud early, so **don't wait to take medicine**
 - Take antihistamines at night** – their effectiveness peaks in the morning
 - Nasal washes are a natural alternative** - follow proper water prep guidelines
- 385 plant species** in Europe are blooming earlier than ever.
- In U.S. and Canada,** ragweed season is up to **27 days longer.**
- Allergic rhinitis** generates more than **12 million doctor visits** each year.
- 35 million Americans** are allergic to pollen and mold.
- Common spring allergies**
 - Tree and grass pollen
 - Mold spores
 - Dust mites & cockroaches
 - Animal dander

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Download poster at njhealth.org/practicetools.

JAMA Study on Oral Allergy Treatments Shows Promise, but Proceed With Caution

A study published March 27, 2013, in the *Journal of the American Medical Association* (JAMA) looks at the use of sublingual immunotherapy to treat seasonal allergies. The review pulled together 63 studies on the use of sublingual allergy treatments. The use of pills and drops that dissolve under the tongue is commonly used in Europe and Asia. Patients may prefer this treatment methodology to allergy shots, but right now, no under-the-tongue allergy products are approved in the U.S.

Dr. Hal Nelson, an allergist with National Jewish Health, wrote an editorial published with the JAMA study. He advises patients to wait for products to be approved by the FDA. He noted that U.S. physicians often give patients a mix of different allergen extracts, similar to allergy shots. However, under-the-tongue products used in clinical trials contain only a single allergen extract. These allergy products also take time to work – and may need to be taken daily for several years. And, these products are costly. Sublingual therapy can cost up to \$5.00 or more per day and may not be covered by insurance.



Visit njhealth.org/professionals for more information on the latest in allergy research and treatments.

Same-Day PET-CT Scans Available in Our Integrated Care Environment

The Institute for Advanced Biomedical Imaging® at National Jewish Health offers PET-CT scans with our state-of-the-art, 40-slice scanner. While routine CT is superb at demonstrating anatomic lesions, PET-CT is used to determine the metabolic activity of a lesion.

Same-day scans are available with appropriate prep and insurance authorization. Patients are contacted personally by a PET-CT technologist to confirm appointments, address preparation requirements and answer questions about PET-CT exams. National Jewish Health offers 24-hour turnaround time on PET-CT results, with immediate interpretation, if necessary.

Indications for referral for a PET-CT scan include:

- Diagnosis and staging of cancer, with special expertise in lung cancer
- Characterization of indeterminate pulmonary nodules
- Monitoring effectiveness of ongoing cancer therapy
- Diagnosis of cardiac sarcoidosis
- Diagnosis of certain infections

Our team provides unparalleled expertise in imaging with extensive experience in complex cases. All of our board-certified radiologists are members of the

Society of Thoracic Radiology. Additionally, we have a fellowship-trained body imaging radiologist with special expertise in PET-CT. Working closely with our radiologists in an integrated care environment is our team of cardiologists, pulmonologists and gastroenterologists. Our technologists have over 20 years of experience, including a nuclear medicine advanced associate (one of only a few in the country) specializing in nuclear oncology.

In addition to our physician and staff expertise, consider National Jewish Health for:

- Convenient access to our campus from throughout the metro area
- State-of-the-art scanner (Siemens Biograph Truepoint HD 40-slice with 4 ring detectors)
- Private uptake rooms
- Open scan room to accommodate claustrophobic patients
- Ability to accommodate bariatric patients (up to 450 pounds)
- Multidisciplinary approach to diagnosis

To refer a patient for a PET-CT scan
Call Physician Line: 1.800.652.9555 or
visit njhealth.org/professionals

Lung Cancer Screening CT

The Lung Cancer Screening CT program at National Jewish Health is focused on early detection. The program is based on the results of the National Lung Screening Trials (NLST) and recommendations from the National Comprehensive Cancer Network. Two National Jewish Health lung cancer experts assisted with the NLST. The NLST results proved a 20 percent reduction in lung cancer deaths in high-risk patients who were screened with CT scans. The radiologists at National Jewish Health are subspecialty trained in thoracic radiology and many are national experts on lung cancer screenings.

Candidates for CT screening include:

- Individuals 50 years and older
- Are a current or former smoker with a 20-pack year history, or greater
- Have had an abnormal chest X-ray
- Need a second opinion
- Their cancer is progressing on therapy
- Physician would like assistance with surveillance

The radiation dose exposure is reduced to 1/3 – 1/5 of the normal radiation dose (varying by the size of the patient).

The CT screening protocol used is a non-contrast exam with a single spiral acquisition, using 2 mm slice collimation.

Interpretation of the images is done by our expert subspecialty trained radiologists and sent to our picture archiving and

communication system (PACS). Follow-up CT recommendations are based on the Fleischner Society Guidelines. Additional assessment of the nodules is done through computer aided design (CAD) software. A complete report is then sent to you as well as to your patient.

Nodules are recorded and tracked through the National Jewish Health Lung Nodule Registry, the first registry of its kind in the U.S. It allows for a collaborative and consistent approach to the assessment and tracking of lung nodules. The registry automatically sends reminder letters to patients and providers when follow-up exams are missed, allowing our registry to track patient follow-up for you.

Lung cancer screening CT is recommended by:

- American Cancer Society
- American College of Chest Physicians
- American Society of Clinical Oncology
- National Comprehensive Cancer Network
- American Thoracic Society
- American Lung Association
- American Association of Thoracic Surgery

Call Physician Line, 1.800.652.9555,
to refer a patient for a Lung Cancer Screening CT.

Lung Cancer Diagnosis	
STAGE	CURE RATE
I or II	If diagnosed as pathologic in Stage 1, cure rate can be as high as 90% with surgery
III or IV	Therapy for advanced disease rarely results in cures but can extend life. Early detection in Stages I and II is important.

Solid Nodules	Not A High-Risk Patient	High-Risk Patient
	(10 pack years differentiates low and high risk)	
≤ 4 mm	No follow-up	12 months, if no change, no follow-up
> 4-6 mm	12 mo, if no change, no follow-up	6-12 mo, then 18-24 mo
> 6-8 mm	6-12 mo, then 18-24 mo	3-6 mo, then 9-12, then 24 mo
> 8 mm	3 mo, 9 mo, then 24 mo Or diagnostic study	3 mo, then 9 mo, then 24 mo Or diagnostic study
Ground Glass Nodules	Solitary GG Nodules	Multiple GG Nodules
≤ 5 mm	No follow-up	24 mo and 48 mo
> 5 mm	3 mo, then q 12 mo X 3	3 mo, then q 12 mo X 3
Part Solid Nodules	Solitary Part Solid	Multiple Part Solid
Solid < 5 mm	3 mo, then q 12 mo X 3	3 mo, then biopsy or surgery
Solid ≥ 5 mm	3 mo, then biopsy or surgery	3 mo, then biopsy or surgery

New Website for Medical Professionals Plus Enhancements for Your Patients

To better serve medical professionals, National Jewish Health has created a new section on our website called For Professionals, designed to meet the information and practice needs of clinical, scientific and academic medical professionals.

Features include:

- Easier navigation
- Task-oriented organization
- Clinical and research content that rotates regularly
- Online referrals and consult requests with our physicians
- Practice Tools to utilize in your own practice, including printable flyers and infographics for patient education
- The Research & Science and Education & Training sections have moved from the main website to the For Professionals section of the site

Changes for Your Patients

We continually update our main website to make a bigger impact on patients' quality of life.

Recent updates for patients include:

- Detailed information on what to expect when they come to National Jewish Health, including how to prepare for appointments and tests
- Enhanced provider biographical information
- Patient education videos and printable flyers
- Relevant news and information that will rotate regularly
- Visually appealing and intuitive home-page design

The screenshot shows the 'For Professionals' section of the National Jewish Health website. The header includes the logo, 'njhealth.org Home', and a search bar. A navigation menu lists: Referrals & Consults, Clinical Services, Research & Science, Education & Training, Departments & Faculty, and Business & Industry. The main content area features a large banner for 'Leading Respiratory Hospital in the Nation For 114 Years' with a photo of three doctors. Below this is a 'Fast Find' sidebar with links to Find Faculty, CME/CE Courses, Departments, Practice Tools, Consultations, Request Records, Order a Test, Fellowships, Clinical Trials, IP/Tech Transfer, Calendar, and Refer a Patient. A 'Support Our Work' section mentions a donation link. At the bottom, there are sections for 'Resources for Referring Providers' (with a 'REFER A PATIENT' button and phone number 1.800.652.9555) and 'Faculty Publications' (highlighting a paper on high-resolution CT scan findings in familial interstitial pneumonia).

Visit njhealth.org/professionals to view these features

If you have suggestions for the For Professionals site, please email the editor, Laura Nelson, at nelsonl@njhealth.org.

New Food Allergy Recommendations

New recommendations from the American Academy of Allergy, Asthma & Immunology suggest parents introduce highly allergenic foods earlier than previously recommended to reduce the risk of food allergies. Dr. David M. Fleischer from National Jewish Health co-authored the recommendations.

The prevalence of food allergies in children has increased since the late 1990s. Previous guidelines recommended waiting until a child was 12 months old before introducing milk, 2 years before introducing eggs, and age 3 before introducing peanuts, tree nuts and fish. However, recent studies now show that introducing the highly allergenic foods earlier may actually prevent food allergies.

New Advice for Parents to Prevent Kids' Food Allergies

New Recommendations — expose children to foods in the first year of life to possibly reduce risk of food allergy and eczema*

First Foods
At 4-6 months of age, begin introducing age-appropriate first foods. Isolate foods and keep a food diary — introduce single-ingredient foods, no more than 1 new food every 3-5 days.
• Rice or oat cereal
• Yellow & orange vegetables
• Fruits
• Green vegetables
• Age-appropriate staged foods with meats

Top Allergenic Foods^{††}
If first foods are tolerated, begin age-appropriate forms of allergenic foods and record in food diary.
• Milk besides whole cow's milk
• Eggs
• Soy
• Peanuts & tree nuts (in butter form, not whole nuts due to choking hazard)
• Wheat
• Fish
• Shellfish

General Advice
* Certain children should be seen by an allergist before introducing these allergenic foods, including those with moderate to severe eczema that is difficult to control and those who have previously reacted to a food or already have a food allergy.
† Try these foods at home first, not at daycare or a restaurant.
†† Begin with a small amount. If no reaction occurs, give in gradually increasing amounts over the 3-5 day period.
Recommendations are from the American Academy of Allergy, Asthma, & Immunology.

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Download poster at njhealth.org/practice tools.

Visit njhealth.org/practicetools

to print a poster of the new food allergy recommendations to post in your office for your patients, or ask your National Jewish Health Physician Relations Representative for a copy. Find a link to the full-text article about the new food allergy recommendations at njhealth.org.

Pediatric Appointments Within 48 Hours

National Jewish Health now offers pediatric appointments within 48 hours of receiving a physician referral. Pediatric care is offered at two convenient locations: our main campus in Denver and our clinic in Highlands Ranch. Specializing in allergy, asthma, atopic dermatitis, food allergies, immune and pulmonary conditions, National Jewish Health physicians are nationally recognized in their areas of specialty. Our physicians diagnose and treat all levels of illness, from simple to complex.

Special services that are part of our pediatrics program include:

- Comprehensive food allergy testing/challenges
- Exercise physiology and lung function testing
- Genetic and immune function testing for immunodeficiency
- Neuropsychological testing
- Sleep disturbance evaluations

We're committed to rapid feedback for referring physicians. Direct physician-to-physician discussions and telephone discussions regarding patient care are available.



To refer a patient

Call Physician Line: 1.800.652.9555 or visit njhealth.org/professionals

and click on the "Refer a Patient" button to submit a secure, confidential referral.

Physician Line

Your Direct Connection to National Jewish Health

Physician Line provides physicians with one contact point for National Jewish Health to help meet the needs of health care providers and their practices. As part of our commitment to the highest level of customer service, Physician Line nurses are available for clinical consult and streamlined call assistance to quickly address your needs.

Convenient access by phone, email and secure fax is available for:

- Referrals
- Physician-to-physician consultations
- Programs and services information
- Treatment options and strategies
- Patient education materials
- Continuing education opportunities



Call Physician Line with your questions and requests, 1.800.652.9555.

You also can make a secure, confidential referral through our website. Visit njhealth.org/professionals and click on "Refer a Patient."

Multi-Specialty Services in Highlands Ranch

National Jewish Health has been a part of the Highlands Ranch community, offering conveniently located access to our experts, for almost 5 years. What started as just allergy and immunology has grown to an office location with multiple specialties for your convenience.

Why Refer to Highlands Ranch?

- Care for adults and children
 - Expertise in adults including asthma, allergy, immunology, cardiology, gastroenterology and sleep disorders
 - Expertise in children including asthma, allergy, immunology, pediatric behavioral health and behavioral sleep

- Innovative treatments
- Availability for appointments
- On-site skin testing
- Spirometry testing with every visit
- Personalized and hands-on nursing education
- Immunotherapy

To learn more about the services at Highlands Ranch, please contact Calile DeThomas, your Physician Relations Representative at 720.878.8030, or via email at dethomasc@njhealth.org.

For appointments: call 303.703.3646.

Welcome New National Jewish Health Clinicians

Christine Cho, MD

Pediatric Allergy & Immunology

Marcia Eustaquio, MD

Otolaryngology

Mark Kearns, MD

Critical Care, Rose Medical Center

Michael Martucci, MD

Hospitalist, Rose Medical Center

Michael Wechsler, MD

Pulmonary Medicine

Alisa Koval, MD

Occupational Medicine

James O'Brien, MD

Critical Care, Off-Campus

Ross Appleyard, MD

Anesthesiology

Pete H. Baker, MD

Gastroenterology

Anita Trikha, MD

Allergy & Immunology

Matthew Clary, MD

Otolaryngology

Amy Ikelheimer, PhD

Neuropsychology/Sleep Psychology

Schedule of Upcoming CME & CE Activities

Presented by the Office of Professional Education at National Jewish Health

LIVE EVENTS

ADVANCE REGISTRATION IS REQUIRED. For more information and to register visit njhealth.org/proed or call **800.844.2305**

October 4, 2013

**18th Annual Regional Allied Health Conference
Current Perspectives in Asthma,
Allergy & Pulmonary Practice**

Denver, CO

*Certified for Nursing Contact Hours and CRCE Credit
AANP CE Credit and AAPA CME Credit have been
applied for*

October 9-12, 2013

50th Semi-Annual Denver TB Course

Denver, CO

Certified for CME and Nursing Contact Hours

February 5-7, 2014

Critical Care Conference 2014

Keystone Conference Center, Keystone, CO

Certified for CME and Nursing Contact Hours

February 5-8, 2014

36th Annual Pulmonary & Allergy Update at Keystone

Keystone Conference Center, Keystone, CO

Certified for CME and Nursing Contact Hours

Courses will be held in the **Molly Blank Conference Center on the National Jewish Health campus**, unless otherwise noted. All activities are subject to change.

ONLINE COURSES

For a complete list of live events, online courses and CME credit approvals on each course, visit njhealth.org/cme

- **Addressing the Burden of Allergic Rhinitis: Advancing Care to Improve Patient Outcomes**
- **Airways and Inflammation: Improving the Management of Patients With Asthma e-Newsletter**
- **The Diagnosis and Treatment of Asthma in the Retail Clinic Setting: Challenges and Opportunities**
- **GOLD Global Strategy for Diagnosis, Management and Prevention of Chronic Obstructive Pulmonary Disease: A New Paradigm for COPD Assessment and Management (GOLD - Global Initiative for Chronic Obstructive Lung Disease)**
- **Improving Adherence to Asthma Guidelines and Asthma Therapies: Closing the Gap**
- **Opportunities to Improve Outcomes in Patients With Pulmonary Arterial Hypertension**
- **A Patient-Centered Approach to the Management of Early Stage Pulmonary Arterial Hypertension**
- **Sarcoidosis: Advances in Diagnosis and Management**
- **Tailoring Therapy for Patients With Advanced Pulmonary Arterial Hypertension**

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1400 Jackson St., S757h
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Physician Line (consultations, referrals, resources) . . . **800.652.9555**
Clinical Trials **303.398.1911**
Advanced Diagnostic Laboratories njlabs.org **800.550.6227**
Professional Education njhealth.org/cme. **303.398.1000**
800.844.2305

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Editor Laura Nelson, nelsonl@njhealth.org