

## Pitch for food-allergy expert/ local family interview

---

MAY 02, 2011

DENVER —

Many children are afraid of foods and avoiding them when they don't have to. Not only are they scared, some are not getting adequate nutrition.

The Littauers, in Las Vegas, had just that experience with their son, Jack, 6. Only after a complete diagnosis, including eating the suspected allergens, did they learn that Jack could eat wheat. Getting wheat back in your diet makes a huge difference; bread, cake, cookies, spaghetti, beer (not for Jack!).

The key is an accurate diagnosis, and not relying just on blood and skin tests, as most patients and their doctors do.

David Fleischer, MD, an assistant professor of pediatrics at National Jewish Health in Denver researches food-allergy diagnosis. He recently reported in the *Journal of Pediatrics* that a complete diagnosis, including oral food challenges, cut in half the number of foods people avoided.

Dr. Fleischer will be in Las Vegas and available for an interview Wednesday morning. The Littauers live in Las Vegas.

Please contact me if this story interests you.

William Allstetter, 303-398-1002, [allstetterw@njhealth.org](mailto:allstetterw@njhealth.org)  
Director Media & External Relations  
National Jewish Health

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 124 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the media resources page.

### Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

**Jessica Berry**  
303.398.1082  
[berryj@njhealth.org](mailto:berryj@njhealth.org)