

How to be 'Allergy Aware' During This Holiday Season

December is a magical month filled with shopping, family gatherings, holiday parties, music, and travel. For people with food allergies, some of those magical moments can cause fear and apprehension. Drs. Sami Nallamshetty and Daniel Reichmuth, board-certified allergists at Florida Medical Clinic, along with Allergy & Asthma Network Mothers of Asthmatics (AANMA), encourage everyone—those with food allergies and those without—to be 'allergy aware' year round.

It is important that patients with food allergies know what they are allergic to and avoid exposures to those allergens. If you are offered a food you don't recognize, ask the host about the ingredients, and select another food if there is any doubt regarding the ingredients.

Life-threatening food allergies can be stressful, but they shouldn't prevent people from having fun. Depending on your comfort level and age of your child, if your child is allergic to pecans and all of the cousins are eating pecan pie, they can sit next to each other at the table. There is no medical reason to isolate adults and children with life-threatening food allergies by placing them at a peanut-free, or other allergen-free, table. Everyone can sit together, as long as they keep their hands to themselves, wash their hands after eating, and refrain from sharing food.

To be truly prepared, a person with life-threatening allergies must carry two prescribed epinephrine auto-injectors with them everywhere, every day. Dr. Reichmuth and Dr. Nallamshetty work with many patients who are at risk for life-threatening allergies. As board-certified allergists, they assess their patients' skills for using an epinephrine auto-injector and remind them to always carry their epinephrine auto-injector.

Accidental exposures happen. By being informed, avoiding potential allergens, and carrying life-saving medication, a patient can be prepared for anything at any time and fully enjoy this magical season!

Dr. Sami Nallamshetty is a graduate of Harvard Medical School in Boston where she completed a combined pediatric and adult allergy & immunology fellowship program at Brigham and Women's and Boston Children's Hospitals. She is double board certified in pediatric and adult allergy and immunology through the American Boards of Allergy and Immunology and Internal Medicine. She has been distinguished as a Fellow of the American College of Allergy, Asthma, and Immunology. Dr. Nallamshetty has published her research in top scientific journals and has been awarded several research grants.



Dr. Nallamshetty specializes in managing conditions such as seasonal allergies, food allergies, asthma, eczema, sinus disease, and immunologic disorders. She is actively involved in our local community and is the Anaphylaxis Community Expert physician for the Allergy & Asthma Network/Mothers of Asthmatics. She works closely with families to help them better understand and prevent anaphylaxis and other allergic disorders.

Dr. Sami Nallamshetty is currently accepting new pediatric and adult patients at both her Wesley Chapel and Carrollwood practice locations. She looks forward to helping you and your family manage your allergies and improve your quality of life. Dr. Nallamshetty can be reached at 813-388-6855.



Dr. Daniel Reichmuth is a graduate of Indiana Medical School and at the University of South Florida. He completed his residency in internal medicine (and served as Chief Resident) and fellowships in both allergy and clinical immunology and clinical laboratory immunology. Dr. Reichmuth is dual board certified through the American Board of Allergy and Immunology (www.abai.org) and the American Board of Internal Medicine (www.abim.org). Dr. Reichmuth stays current in both of these boards (Allergy and Clinical Immunology and Internal Medicine) through Maintenance of Certification (MOC). The American Board of Allergy and Clinical Immunology is a conjoint board of The American Board of Pediatrics and the American Board of Internal Medicine. Dr. Reichmuth has also been selected by his peers in the *Best Doctors in America*® Database on numerous occasions. He is currently accepting new pediatric and adult patients at both his Wesley Chapel and Zephyrhills practice locations. Dr. Reichmuth can be reached at 813-779-8194.