PREVENTION OF ALLERGIC ILLNESS

Preventive medicine leads to improvements in public health: the best example is the annual decrease in hospital admission rates due to influenza. The same is true for other preventive strategies. For example, regular exercise can help to reduce the risk of developing asthma. Other preventive measures include the use of air conditioners and dehumidifiers, which can help to reduce the amount of pollen and mold in the air. The use of air purifiers and the installation of allergen filters can also help to reduce the amount of allergens in the air. The use of anti-allergy medications, such as antihistamines, can also help to reduce the severity of allergic reactions.

INSURANCE PROBLEMS?

Our practice accepts most insurance plans. However, if you have lost your insurance, or have no insurance, or have a very high-deductible policy, we will consider treating patients on a reduced-cost basis. We will be happy to discuss the cost of your needed services and treatments. Please, do not compromise your health or that of your family. Call one of our offices, preferably the one in your area, for more information.

SEASONS

Sinus infections are among the most common infections experienced by both children and adults. The sinuses are air spaces in the face and skull that are part of the paranasal sinuses, which drain into the nose. Low nasal or sinus pressure can lead to a sinus infection. The symptoms of sinus infections can range from mild to severe, and can include intermittent or persistent sinus pressure or discomfort. Sinus infections are typically caused by a viral infection, but bacterial infections can also occur. In some cases, sinus infections can be treated with antibiotics. In other cases, sinus infections may require surgery.

PREVENTION

antihistamines reduce mucus production.

SEASONS

1) Sneezing
2) Nasal congestion
3) Recurrent infections or chronic "cold" symptoms
4) Sinus pressure
5) Postnasal drip
6) Itchy, red eyes
7) Coughing
8) Wheezing
9) Hives
10) Eczema
11) Headaches or dizziness
12) Loss of smell, taste or hearing
13) Fatigue
14) Soaring
15) Inflamed, red or itchy nose
16) Muscle or joint aches

COMMON SIGNS OF ALLERGY

(continued from previous page)

The physicians of Allergy & Asthma Associates are all Board-Certified. (from left): David Chudwin, M.D., Irma Oliff, M.D., J.K. Lawson M.D., Kathy Sonenthal, M.D. and Salmon Goldberg, M.D.

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Most Insurances Including Many PPO’s Are Accepted

Physician Languages Spoken: English, Spanish, Russian, Polish, Hebrew

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Our practice accepts all major insurance plans, including many PPO’s, and are Medicare participants.