



Clinical Allergy Tips



Websites that complement and assist in patient education

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Allergy-immunology specialists usually make patient education a priority during clinic visits. At this point in time, many of our patients are also researching their medical condition “on the Internet”. It is very difficult for people to determine if the web site that they are looking at contains valid information or is loaded with bias or even nonsense. I feel that it is obligatory to supply the proper information to patients, especially if the medical condition is complicated and requires a great deal of patient education. I have collected a few links to content on various websites that would be of interest and helpful to allergy-immunology patients. Many well known authorities in the subspecialty of Allergy and Clinical Immunology populate the medical boards of these websites.

I usually print these documents out, briefly review them and explain why they have credibility. Finally, I document these actions in the medical record. Some electronic medical record (EMR) programs can receive the actual webpage, and the document is then included in the medical record. Alternatively, if paper records are used, a second copy can be printed and included in the chart.

Food Allergy:

- [Food Allergy Symptoms and diagnosis \(UpToDate.com\)](#)
 - This document, by Wesley Burks MD, summarizes the topic and features figures about the cross-reactivity of the foods involved with the Oral Allergy Syndrome.
- [Food Allergy Treatment and Avoidance \(UpToDate.com\)](#)
 - This document, by Scott Sicherer MD, instructs and answers many questions that may be overlooked because of time constraints during an office visit.
- [Seed Allergy \(Food Allergy Initiative\)](#)
 - Sesame seed allergy is on the rise in the Western nations. The Food Allergy Initiative’s Medical Advisory Board includes Donald Leung, MD PhD; Jean-Pierre Kimet MD, Hugh Sampson MD and Robert Zeiger MD PhD. Their content on this website is excellent.
- [Food Allergy Initiative Downloads: Restaurant Cards](#)
 - This is a link to the “download” page which includes many useful forms. The “Food Allergy Restaurant Cards” are available in seven languages besides English and Spanish.

- [Food Allergy & Anaphylaxis Network: Food Allergy Action Plans](#)
 - The FAAN's download page is loaded with information. Halfway down are links to the extremely useful "Food Allergy Action Plans" available in eight different languages.
- [Celiac disease in children \(UpToDate.com\)](#)
 - Concern about Celiac Disease is prevalent at this time. This UpToDate patient information can supplement your explanation.

Gastroesophageal Reflux Disease (GERD):

- [GERD in children and adolescents \(UpToDate.com\)](#)
 - Allergy-Immunology specialists have to be literate about this problem, and here is a guide for the parents that is not written by a pharmaceutical company.
- [GERD in adults](#)
 - This is the adult version of the UpToDate GERD patient information.

Primary Immunodeficiency:

The following four links are chapters (in PDF format) from the [Immune Deficiency Foundation's Patient and Family Handbook for Primary Immune Deficiency](#). The author is not credited; however, the contributors include the leaders of the Clinical Immunology Society (CIS).

- [Common Variable Immunodeficiency](#)
- [Selective IgA Deficiency](#)
- [IgG subclass deficiency and Selective Antibody Deficiency](#)
- [Specific Medical Therapy \(of Primary Immunodeficiency\)](#)