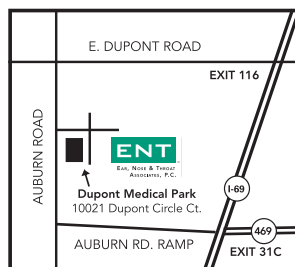


With a variety of office and clinic locations throughout the region, we are here to meet your needs.

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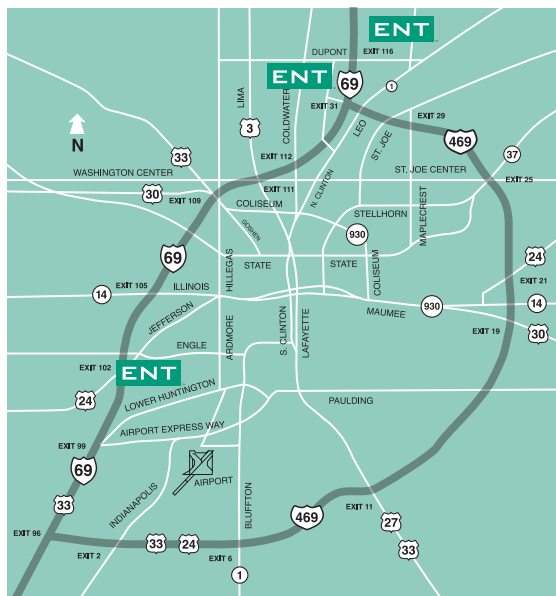


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Sleep Disorders
Allergic Disorders

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Stephen J. Schreck, MD
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Allergies



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Allergies

Allergies can make us uncomfortable in many ways. Most people are aware of the common symptoms we associate with allergy — runny nose; itchy, watery eyes; nasal congestion and sneezing. Allergies can also be the root cause for chronic sinus infections, dizziness, sore throats, headaches, and fatigue.

Allergy therapy begins with an evaluation of your condition, with a history and physical examination. The doctor or nurse practitioner may prescribe oral medications, nasal sprays, or intramuscular injections to treat your symptoms. Our physician may advise allergy testing, depending on the severity of your symptoms and whether you have them all year long.

Allergy testing is performed with several various methods. Skin testing is the most sensitive method and correlates most accurately to your symptoms, and is therefore the preferred method. Some patients cannot be tested this way, such as young children or patients taking medications that may interfere with testing. They would be offered a blood test, such as immunoCAP. Results of skin testing are available immediately following completion of the test.

Skin testing tests for allergies to inhaled particles — things we breathe in the air. These include dust, weeds, pet and animal dander,

molds, tree and grass pollens. A simple screen consists of scratch testing on the forearms. If indicated, further testing may involve skin-prick testing on the upper arm. Our allergy nurses are trained to maximize testing comfort, and results are reviewed with your physician expediently. Your physician would then determine whether or not allergy immunotherapy (allergy shots) would be helpful.

Initially allergy shots are given every week. Allergy shots stimulate your body to form antibodies against your allergies, so that over time you become less sensitive to the offending allergens. Allergy shots can be given in our offices or in your primary care doctor's office. Once you have reached a maintenance level of immunotherapy, you may choose to give your own shots at home. Our nurses are experienced in training patients to self-administer allergy shots, and are a great resource for patients experiencing increased allergy symptoms or sinus-related problems.

With use of medication, immunotherapy and environmental control, the allergy patient can be made more comfortable and better able to tolerate his/her allergies.



Sinus & Allergy

Ear Nose & Throat Associates, PC

Ear, Nose and Throat Associates, P.C., is a medical practice of board-certified physicians and surgeons specializing in otolaryngology medical care and surgery. Whether we are treating children or adults, our approach is one of care and concern for the patient. Our staff of licensed clinicians and experienced office professionals are committed to you and your health.



Our Physicians

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Amy L. Lai, MD
Adam R. Kaiser, MD
Brian D. Herr, MD

Nurse Practitioners:

Valerie Stucky, RN, FNP, MSN
Julie Hall, RN, FNP, MSN