



Examiner

A Publication of Allergy A.R.T.S.

The Other Doctor in Your Life



More Room; Better Service

We are pleased to announce the opening of our new wing, the “Heather Alonzo Memorial Center for Excellence” – and we have you, our dear friends, to thank.

Your ongoing support and confidence in our services are what made this addition necessary – and welcome. In this newsletter you will find photographs and a description of what you can expect to see in the new building.

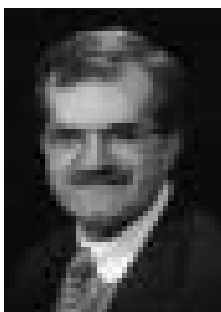
Although we are growing, we are committed to treating each and every patient as the unique individual you are.

One individual who meant a great deal to us all was Heather Alonzo. I first met this precious angel when her parents brought her to the clinic seeking relief from several autoimmune diseases – a great burden for anyone, especially one so very young. Her cheerfulness and courage, despite constant pain, was an inspiration to all who met her.

Our new wing is dedicated to the memory of this exceptional spirit. It is our prayer that through the healing and hope we are able to offer at the clinic, Heather’s too-brief life will continue to inspire us all.

To Good Health in the New Year!

Constantine Saadeh, M.D., FACP, FACR



As the number of medical specialists increases - their skills more in demand as medicine becomes more complex - so, too, does the importance of your Primary Care Physician (PCP), formerly best known as a General Practitioner (GP).

Not so many years ago, most people went to a GP for virtually all of their medical needs. GPs set broken bones, delivered babies, treated hay fever, colds and flu, and even performed some surgeries. Few doctors were specialists – rather each doctor knew the basics and had experience in many areas of medicine.

Today, health care in America is defined more and more by specialty care – such as that offered here at Allergy A.R.T.S., where we specialize in the treatment of allergies, asthma, rheumatology, and other autoimmune diseases (but we never deliver babies!). It is nearly impossible in the 21st Century for any one doctor to know all there is to know about medicine, with its endless number of high-tech procedures, or the diverse and growing assortment of drugs and therapies available.

Nevertheless, primary care physicians who are similar to the old GP are absolutely vital to your health for at least three important reasons:

1) Overall health and preventive care. PCPs see their patients regularly over long periods of time, and become familiar with the many physical, lifestyle and psychological factors that affect their patients’ health. Education and/or treatment can sometimes be offered that keep serious problems from appearing in the first place.



2) Overseeing specialty care. A good PCP may realize when a patient needs the services of a specialist even before the patient does. Your PCP can then act as a “gatekeeper,” keeping track of your specialty care and making sure you avoid duplicate diagnostic procedures or medications that are dangerously incompatible with one another.

3) Health care plans demand it. Some insurance companies or other health care plans insist you consult a PCP first before seeking a specialist to treat your problem.

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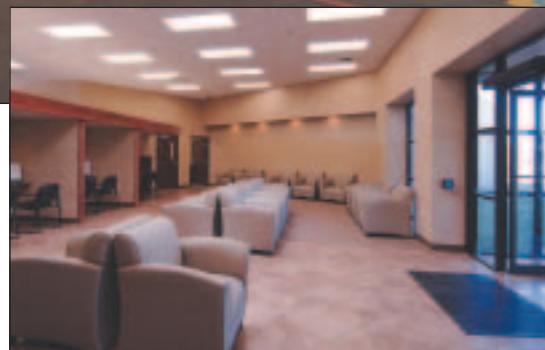
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Welcome to the New Wing!

We are excited to announce that our new addition, the “Heather Alonzo Memorial Center for Excellence,” is open for business! This 9,000-square-foot space adjoins our clinic on Plum Creek Drive. Approximately 3,000 square feet more will be added between now and February 2006.

The wing, built by CIB, Inc., of Amarillo, includes new treatment rooms for the patients of doctors and nurse practitioners, allergy testing prep and treatment areas, expanded office and storage spaces, and a new pulmonary diagnostics lab with its own waiting room.

The new general check-in and waiting area was specifically planned with the special needs of Allergy A.R.T.S. patients in mind. The furnishings are ergonomically designed for arthritis patients and are upholstered with materials easily sanitized and naturally “unfriendly” to viral and bacterial organisms.



A memorial area near the front doors will feature a special “oasis” in honor of inspirational patient and friend, the late Heather Alonzo.

Thank you, dear clients, for your patience during the construction phase. We hope you enjoy the new addition. ■

ALLERGY/ASTHMA

Winter Allergy Woes

Closing up the doors and windows and firing up the furnace may help keep you warm in cold weather, but it also enhances exposure to dust, dust mites, insect parts, animal dander, mold, and other indoor allergens. These dastardly characters might have always been present in your home, but during the winter they tend to multiply.

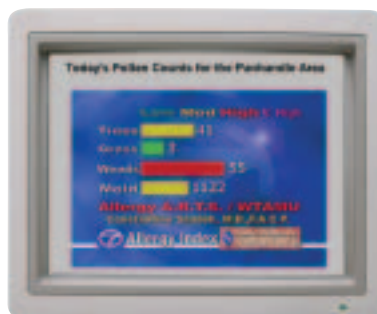
If cold-like symptoms such as coughs, sneezing, sore throat, throbbing sinuses, and runny eyes and nose persist longer than two weeks, what you thought was a virus might be allergies instead. In addition, if you or your child seems to catch every strep throat or other upper respiratory infection that comes along, it just may be an allergy that is leaving you more vulnerable to other diseases.

A more in-depth summary of this information can be obtained from The Allergy Report (www.theallergyreport.org) or by calling (414) 272-6071. To develop the report, the American Academy of Allergy, Asthma and Immunology (AAAAI) gathered experts from 21 professional health associations to make up a task force that spent 18 months examining all kinds of allergic reactions.

If you are suffering, a thorough examination by an allergist and allergy testing just might be in order to help determine your situation, and what might be done to bring you some relief.

Also remember, when you are in the throes of allergy and asthma symptoms caused by winter allergies, it helps to know you can find daily pollen and mold counts simply by going to www.allergyarts.com and clicking on “Pollen Count.” Or by listening for this information broadcast daily from Amarillo on KVII-TV Channel 7.

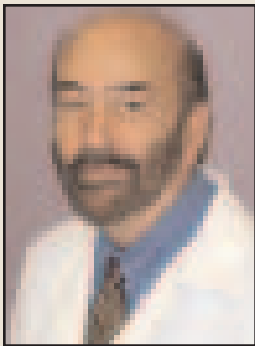
Then, if you haven’t already, come and see us here at Allergy A.R.T.S. for a little relief...



Here are some things you can try to ease the situation:

- Thoroughly clean your house from top to bottom
- Vacuum carpets & wash bedding in hot water each week
- Use bleach to clean bathrooms & kitchen surfaces, & keep humidity levels below 40 percent to control mold
- Encase pillows, mattresses & box springs in allergen-impermeable covers
- Keep as much fresh air circulating as possible while still staying warm
- Replace old, moldy carpets if possible
- Banish pets from the bedroom
- Keep smokers outside

Meet Dr. Goldman



Michael Goldman, M.D., ScD, isn't technically on staff at Allergy A.R.T.S. or the Amarillo Center for Clinical Research, but he is most definitely an important part of the team.

Recently, Dr. Goldman, who is a Professor of Medicine at UCLA and lives in Los Angeles, agreed to spend a portion of his time here at the clinic under the auspices of the Amarillo Pulmonary Research office. As an internationally recognized pulmonary researcher, Dr. Goldman brings with him an impressive list of credentials, as well as experience that will help everyone – well - breathe just a little easier.

Dr. Goldman grew up in Wisconsin, received his undergraduate degree at Harvard University, and earned his medical degree at the University of Pennsylvania. Since then, his career has taken him across the country - and around the world.

His experience includes the areas of sports medicine, physiology, sleep research, neurology, and pulmonary research. He has practiced, taught and/or done research at Harvard, Case Western Reserve University, the University of Utah School of Medicine, Oxford, the University of Paris, the Medical College of Pennsylvania, several hospitals, and, since 1994, at UCLA.

Dr. Goldman first met Dr. Saadeh in late 2001 when the Amarillo physician went to Dr. Goldman for additional tutoring on a cutting edge pulmonary device for lung function testing.

"Dr. Saadeh embraced the technique," said Dr. Goldman. "He spent three days away from his busy practice in order to thoroughly understand

it and what it meant to his patients. That tells you a lot about Dr. Saadeh, the man."

Over time, the two continued to discuss cases and to support their related research projects. Recently, Dr. Goldman agreed to spend more time in Amarillo, and expects to live here part-time with his wife, Christine LaSala Goldman. He and Dr. Saadeh will be collaborating on research and on writing papers related to respiratory disease for medical journal publications.

"I am excited about what is happening here," explained Dr. Goldman. "When you combine state-of-the-art technology and techniques with a superb, caring staff, add in thousands of qualified patients and an exceptional database of information, all headed by a dedicated, knowledgeable leader - as you have with Dr. Saadeh - you have a clinic and research center uniquely suited for patient care and drug development. This is a great place to be."

The Other Doctor *(continued from page 1)*

Finding a Good PCP

If you don't already have a primary care physician, finding a good one is too important to leave until you are facing serious illness or some other crisis. The information below may help as you search for just the right one.

Of the 24 different specialties in medicine, only these three are considered to be primary care:

- **Family Practice & General Practice.**

A Family Practitioner specialized in general family care. He or she is trained in several basic disciplines, including: internal medicine, psychiatry, pediatrics, obstetrics and gynecology, and general surgery. Some are board certified. General Practitioners are similar.

- **Pediatrics.** These doctors care for and treat children from birth to young adulthood. They sometimes have sub-specialties, such as cardiology, perinatal medicine, surgery, or gastroenterology.

- **Internal Medicine.** An internist diagnoses and treats (without surgery) diseases in adults. They may have a sub-specialty that focuses on a certain part of the body, like the digestive system; on a distinctive age group, such as the elderly; or on a specific disease, such as diabetes.

First, gather the names of possible doctors from other physicians, friends, relatives, business associates, a managed care plan (if you are a member), hospitals, a local medical society, internet services, or yellow pages listings.

Then, through research and interviews, consider professional credentials, professional affiliations, practice arrangements and location, and personal or "bedside" manner. Your goal is to find a PCP who will treat you as a partner in your own health care by offering top-notch treatments, education and respect.

Developing a trusting, long-term relationship with your PCP helps us, as specialists, to do a better job when you come to us for treatment in the areas we know best. Your PCP will help you keep illness at bay, keep your health and energy high, and provide the best key to entry into the rest of the medical system when necessary.

Together, your primary care physician and your professional medical specialist can help to bring you optimal health and peace of mind. ■

In the depth of winter, I learned that within me lay the invincible summer.

Albert Camus

Ease Arthritis Pain With Smart Life Choices in 2006!

- **Eat right.** Consume vegetables, fruit and whole-grain products. Limit sugar, salt and saturated fat. Take the recommended daily amounts of vitamins, minerals, and omega-3 fatty acids.
- **Lose weight.** If you are overweight, added stress on joints takes a huge toll. Losing even ten pounds helps.
- **Reduce stress.** Muscle tension worsens arthritis pain.
- **Relax daily.** Meditation, prayer, massage, yoga, tai chi, and other practices bring beneficial relief.

- **Rest often.** Resting an inflamed joint, plus whole body rest and sleep, is vital to ease arthritis pain.
- **Stay positive.** Research proves a positive outlook means less pain and fewer limitations from arthritis. Go ahead. Smile!

All of us at Allergy A.R.T.S. are ready to help you achieve your goals on the path to better health. Happy New Year!

Source: Arthritis Foundation (www.arthritis.org)



Worries go down better with hot soup.

Jewish proverb

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