

DENT Allergy Update

Dayton Ear Nose & Throat Surgeons Inc.

Courtesy of:

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THE COMPLETE ALLERGY WORK-UP

In the past 40 years, I have found that to get good patient outcomes there are no shortcuts. We have learned that a systematic approach in working up each patient is imperative to getting good results. After the initial complete history and physical, testing is started as indicated.

Remember, that allergies are like fingerprints, and each patient is different. If you turn to our webpage (www.daytonent.com), you will find history questionnaires. These questionnaires will identify the people that have inhalant, food or chemical allergies.

Every patient is first tested for biological inhalants. Skin tests are used to identify the individual's sensitivity to the various pollens, dust, dust mites, animal danders and mold spores.

Food sensitivity testing can only be done by a properly performed challenge feeding test or the technique of provocative neutralization. There are no blood tests that have scientific validity for diagnosing food sensitivity. Chemical sensitivity may be observed by inhalation, ingestion or by contact. Sublingual challenge techniques are used to identify individual chemical sensitivities.

Fungal-related disorders are very important in allergy patients and can produce inhalant allergy as well as ingestive allergy. It is also important to identify fungal infections such as dandruff, vaginitis, jock-itch, athlete's foot and nail fungus.

Auto-immune disorders are important to identify. These can involve the sex organs producing premenstrual syndrome, lack of libido and postmenopausal symptoms. The thyroid is frequently a target organ for auto-immune disorders, and chronic thyroiditis must be identified by a complete work-up. Adrenal insufficiency is less common but also can be very important as are the other miscellaneous auto-immune disorders.

It is important to instruct new patients in proper nutrition concerning possible supplementation with vitamins and minerals and advice on balancing carbohydrates, fats, and protein.

It is important to get a history on the allergic patient of any foreign bodies that have been placed in any organ system. For severely allergic patients, implants should be evaluated before they are put in place - as often there is no turning back if the patient develops a sensitivity to an implant or other foreign body. These foreign bodies include breast implants, dental amalgams, coronary stents, replacement joints, orthopedic repairs and plastic surgery implants.

Finally, one should always look for chronic infections which are commonly found in the dental system, genitourinary, respiratory, cardiovascular and other organ systems. Only by systematically evaluating these eight categories can one achieve consistently good success with diagnosing and treating allergy patients.

By: John H. Boyles Jr., MD

Allergy Injections

Dayton Ear, Nose & Throat Surgeons, Inc.

(937) 434-0555 - FAX 434-7413

7076 Corporate Way • Centerville, OH 45459

Monday	8:45 - 5:45 pm
Tuesday	9:15 - 5:00 pm
Wednesday	8:45 - 12:00 (noon)
Thursday	8:45 - 5:00 pm
Friday	8:45 - 5:00 pm
Saturday	8:45 - 12:00 (noon)

*Dayton ENT Surgeons is open 6 days a week
Convenient times for
Examinations, Testing and Treatment.*

AN UNKNOWN AND UNNECESSARY CONTAMINANT IN OUR EVERYDAY DIET

Two years ago, I was listening to an old tape of a lecture given by Dr. Theron Randolph on coconut sensitivity. He stated that coconut oil and palm oil contaminated not only our food but our cosmetic and pharmaceutical products to such a great degree that it was almost impossible to eliminate. I found this hard to believe, but knowing him to be right in so many other allergic matters in the past, I began to test my patients for coconut sensitivity. To my amazement, 45% of them demonstrated this chronic allergic disorder. Like any other food sensitivity, it can affect any organ system, causing anything from headaches to irritable bowel, psychiatric conditions, and respiratory conditions. Contact dermatitis to coconut is more common than food allergy.

Coconut derived products (such as coconut diethanolamide, cocamide sulphate, cocamide DEA, CDEA) can cause contact allergic dermatitis, present in cosmetics including some hair shampoos, moisturizers, soaps, cleansers and hand washing liquids. As with any contact dermatitis, an itchy blistering rash may arise a day or two after contact with the allergen, and take several days to resolve. If contact dermatitis or ingestive allergy to coconut products is suspected, then patch testing or provocative neutralization testing are the appropriate methods for diagnosis.

COMMON SOURCES OF COCONUT

Cakes/Pies	Fried Foods
Chocolates	Crackers
Candies	Desserts
Infant Formula	Whipped Topping
Curries	Non-Dairy Creamer
Laksa	Asian soups & meals (especially Thai)
Processed Foods	Cosmetics
Shampoos	Moisturizers
Bar Soaps	Cleansers
Hand Washing Liquids	Suntan Lotions

If the diagnosis is made by provocative neutralization testing, then sublingual immunotherapy can be used to lessen or eliminate reactions.

Women's Seminar
**Are you sick and tired
of being sick and tired?**

Wednesday, March 4, 2009 at 2:30

Free Tickets at Front Desk
Dr. John H. Boyles, Jr. to speak
937-434-0555

VITAMIN AND MINERAL SUPPLEMENTS: A HEALTH BENEFIT, OR A RIP-OFF

Many studies have been done about the benefits or worthlessness of vitamin and mineral supplementation. We feel that vitamin and mineral supplementation are a definite health benefit when done correctly.

We do not feel that multiple vitamins are of much benefit to the young or the old. Multiple vitamins can contain a multitude of materials, most of which are not needed, and the ones that are indicated are in such low potency as to be useless. We also feel that age is important in considering vitamin and mineral supplementation. Everything in childhood happens faster than it does in adults, whether it is recovery from an injury, recovery from allergies, or absorption of nutrients. We know that man's natural diet is meat, fruits and vegetables and not grains and dairy. If a mother feeds a child a nutritious diet, then there is really no indication for vitamin or mineral supplementation.

Like everything else in the aging process, absorption of vitamins and minerals from our food source slows down, and the older one is, the more important vitamin and mineral supplementation is.

For new allergy patients, we always advise them to take 2,000 to 3,000 mg of Vitamin C a day. The reason we recommend this vitamin supplement first is because unlike other mammals, humans do not produce their own Vitamin C from the liver. Only chimpanzees and humans among the mammals do not produce Vitamin C. I once interviewed Linus Pauling (two-time Nobel laureate), and he stated he took 14,000 mg per day. We were all surprised at that large amount and asked Dr. Pauling how he chose 14,000 a day. He replied that a goat makes 14,000 mg per day in his liver and he can eat anything. If it was good enough for a goat, it was good enough for him. We all laughed, but the point he was trying to make is there is no toxicity to the ingestion of Vitamin C.

In 1753, Captain Lind of the British Navy showed that the disease, scurvy, which was common in sailors could be cured by giving them lemons and oranges. Vitamin C was then discovered clinically before it was isolated by Szent-Gyorgyi (1928) and synthesized by Reichstein (1931). Vitamin C (ascorbic acid) is a white crystal, soluble in water and heat labile. Cooking and canning destroy it. Ascorbic acid is readily absorbed from the intestine and is stored especially in the liver, adrenals, pituitary and corpus luteum. There are over 100 well done studies over the past ten years showing the growing list of benefits of Vitamin C. Scientifically controlled studies using Vitamin C for colds show that it can reduce the severity of symptoms, acting as a natural antihistamine. It greatly helps the allergic patient for the same reason: It may reduce histamine levels. There are also well documented studies showing the benefit in diabetics, those with Parkinson disease, auto-immune disorders and periodontal disease.

Remember, that smoking and alcohol use greatly decrease the level of Vitamin C in the body and people who use these substances as well as large doses of analgesics, anticoagulants, antidepressants and oral contraceptives require more supplementation than the ordinary individual.