

# PATIENTGRAM

Newsletter

March 2021

## Happy 20 Years with ACT, Kim!

The saying "YOU'VE COME A LONG WAY BABY" certainly fits the 20-year tenure of Kim Athens. Kim was promoted to "Revenue Cycle Manager" in March of 2016. Prior to that she was lead on extract admin, and later became lead on IVIG billing when it was found to need some expertise.

She has also worked in billing and AR. Kim is a member of ACT's leadership team and an ECW Super User. Several years ago, she was even part of the cleaning crew! Bottom line there is not much of anything she cannot do. Since taking over the RCM, the performance of that department has elevated beyond any expectations!

**Congrats Kim!**



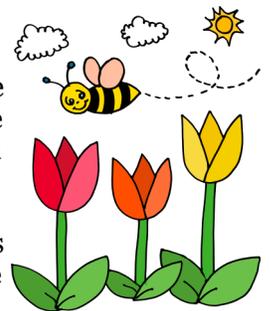
## Dr. Medagoda

After a little over ten years with ACT, Dr. Medagoda made the very difficult decision to leave our practice to pursue other interests.

Her practice grew quickly, and she cared for patients of all ages through her ten year career at ACT. Her immune deficient patients have been assigned to specific physicians to continue their care. Patients who have a standing appointment with Dr. Medagoda this year will be rescheduled with another Allergy Clinic of Tulsa providers. You will be contacted through our electronic messaging system to advise what provider/date/time changes will affect your next appointment. At your rescheduled appointment, we will discuss the physician choices to manage your continued care.

## Spring is in the air!

Spring is right around the corner and along with it is the increase in the occurrence of stinging insects (bees, wasps, hornets and etc.). Now is the time to make sure your Epinephrine device is current. Take time now to check the expiration date and renew if it is expired.



With the spring weather comes the desire to be outside enjoying the sun, flowers and new growth. Pollen will be on the rise. Pollens are tiny grains released into the air by trees, grasses and weeds that can travel many miles. Did you know that pollen counts are higher early in the morning (before 10:00am) and early dusk? Your exposure and risk of inflammation from pollen can be reduced by a number of methods:

1. Rinse your sinus/nasal passages to remove pollen.
2. Wash your hair before bed.
3. Eyelashes can be washed with baby shampoo.
4. Sleep with windows closed. Fresh spring air is tempting, but it contains aggravating pollen!

# COVID Vaccination and Injections

In the interest of optimum safety for our patients, our physicians ask that you wait to receive your allergy injection, Xolair or Fasenra until two full days have passed following receipt of a COVID vaccination (vaccination day plus two days). If you have a vaccination scheduled, be sure to allow two full days prior to receiving it before coming into our clinic for your shots. If these wait time windows are not followed, the physicians feel it would be impossible to distinguish if a reaction was due to the vaccine or the injection in our office.

## When You've Been Fully Vaccinated How to Protect Yourself and Others

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
  - \* However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

## What We Know and What We're Still Learning

- **We know** that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
  - \* **We're still learning** how effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- **We know** that other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.
  - \* **We're still learning** how well COVID-19 vaccines keep people from spreading the disease.
  - \* Early data show that the vaccines may help keep people from spreading COVID-19, but we are learning more as more people get vaccinated.
- We're still learning **how long** COVID-19 vaccines can protect people.
- As we know more, CDC will continue to update our recommendations for both vaccinated and unvaccinated people.

Until we know more about those questions, everyone — even people who've had their vaccines — should continue taking basic prevention steps when recommended.

To read the entire article, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

## Contact Us

Give us a call for more information about our services.

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