

# PATIENTGRAM

Newsletter

May 2021

## New Allergist—Immunologist to Join Allergy Clinic of Tulsa



Dr. Brandon Humble is an Internal Medicine Board Certified Physician and current Allergy Immunology fellow at the University of Kansas. Dr. Humble grew up in Ponca City, Oklahoma and completed his medical school training at University of Oklahoma Health Sciences Center. He completed his Internal Medicine Residency at Louisiana State University Health Sciences Center in Shreveport where in his 3<sup>rd</sup> year was Chief Resident. As Chief Resident, he supervised and scheduled 90 Physicians.

Dr. Humble shares that “being both born and raised in this great State, moving back to Oklahoma is very like a move home for me.” Dr. Humble will be accompanied on his move by his wife, #####, and their two dogs; one of whom is very sweet and

one of whom is a rather cantankerous old man.

When not practicing medicine, Dr. Humble enjoys jazz music and his greatest passion outside of medicine is literature. His favorite authors include Dostoevsky and Kafka. Dr. Humble is expected to start taking patient appointments early August.

## Employees of the Month

### Lori Plotts

We would like to congratulate **Lori** for employee of the month. **Lori** has been with Act for 20 years. **Lori** is a great assist to the clinical team and plays a huge role in the Leadership team. She is always helpful to all staff and if she doesn't know an answer she will find it. She is the Branch Manager at Utica and is part of the triage team. **Lori** has taken on new roles and in the past year as COIVD vaccine scheduler, and getting employees signed into OSIS. She is now started assisting with MIPS/MACRA and plays a huge role with infection control. From all of us at ACT, **Congratulations** and thanks for all you do!

### Kelly Metzger

**Kelly M.** has been selected as the non-clinical Employee of the Month for May! **Kelly** has been with the clinic a little over two years and is currently our sole extract benefits coordinator. She also assists with front desk backup and Mingo benefits when needed. She is always quick to lend a hand to team members who have fallen behind and need help catching up. **Kelly** is also one of the first to step up to cover duties when someone is out of the office and has been known to transfer to other clinics (on a moment's notice) to help out in a staffing pinch. She has a quiet demeanor and a "no problem" attitude that contributes greatly to the success of the front office team. **Congratulations, Kelly**, and thank you for all you do!


# Food Allergy Awareness Week is May 9-15, 2021

Food Allergy Awareness week is honored each May to shine a spotlight on the seriousness of food allergies. By increasing awareness, Food Allergy Awareness Week encourages respect, promotes safety and improves the quality of life for the 15 million Americans with food allergies, including all those at risk for life threatening anaphylaxis. This week also provides a unique opportunity to help raise awareness when we all work together and focus our efforts over the course of one week.

## 10 FAACTs *about* Food Allergies

- 1 Food allergies affect **as many as 32 million** Americans, including 6 million children. Studies report that **1 in 13** children and up to **1 in 10** adults in the United States have a food allergy. For children, this averages to **two** children per classroom.
- 2 A food allergy is an **immune system response** to a food that the body mistakenly believes is harmful.
- 3 Eight foods account for 90% of all food allergy reactions: **Peanuts, Tree nuts, Milk, Egg, Wheat, Soy, Fish, & Shellfish**. However, almost any food can cause a reaction.
- 4 There is **no cure** for food allergies and **strict avoidance** is the only way to prevent an allergic reaction.
- 5 **Trace amounts** of an allergen can trigger an allergic reaction in some individuals. Past reactions to a food allergy **do not predict future reactions!** Someone can still have a life-threatening reaction to a food they are allergic to, even if they have never had a serious reaction before.
- 6 Symptoms can **develop rapidly** after exposure to an allergen, often within minutes and usually within 30 minutes. However, it can take up to 2 hours for symptoms to occur after exposure to a food allergen.
- 7 Anaphylaxis is a **serious allergic reaction** that comes on quickly and has the potential to become life-threatening. Anaphylaxis requires immediate medical treatment, including an injection of epinephrine and a visit to the emergency room.
- 8 It is important to be deliberate and not hesitate when you have to use epinephrine. The device is **potentially life-saving**. A call to 9-1-1 and a trip to the emergency room should always follow epinephrine administration.
- 9 Individuals at risk should carry **two epinephrine auto-injectable devices** with them at all times AND an **Allergy and Anaphylaxis Emergency Care Action Plan** signed by a board-certified allergist.
- 10 **Food allergies continue to rise** and are a safety and public health concern across the United States. You can get free resources and find out how to help keep those with food allergies safe at:

[www.FoodAllergyAwareness.org](http://www.FoodAllergyAwareness.org)



## Contact Us

Give us a call for more information about our services.

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## Summer Camp Forms and Vacation Refills

It is coming up on camp time. If you need a camp form completed for this summer, please allow 48 hours for processing. There is a \$10.00 fee that must be paid in advance.



Also, be sure to get your medication refills a week, or at least several days before you plan to leave for vacation—especially for inhalers.