



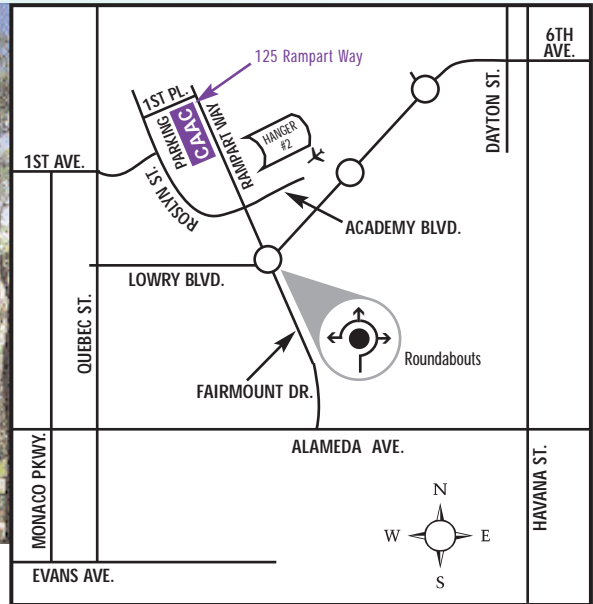
the Wheeze and Sneeze Review

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Sue Pankoski, Editor

NEW CORPORATE HOME FOR CAAC, P.C.



We at Colorado Allergy and Asthma Centers, P.C. are excited and wish to share with you our excitement in announcing the move of our Corporate Office from 1450 South Havana Street to **125 Rampart Way** into one of three historic buildings at the now redeveloping Lowry Air Force Base. The buildings have been designated a National Historic Sight and the move should take place in December of this year.

We have been searching for nearly two years for a special site that would meet our needs. The location had to be central as we are consolidating several offices into the site. Our Cherry Creek office was closed in 1999, our South Potomac Street office was closed in March 2000; the East Evans Avenue office will be closed in December 2000; and the 1450 South Havana Street at the Buckingham Square office also will close at the end of this year. The new Lowry location is approximately 15 minutes from downtown Denver and even closer to the Cherry Creek area. DIA and the Tech Center are from 20-25 minutes away from the new office. After the new East Alameda Avenue and the Interstate 225 interchange is opened, access from most of Aurora into East Alameda Avenue past Lowry easily will be accommodated. The businesses, homes and schools at Lowry will be connected not only by scenic trails and sidewalks, but also by the most advanced telecommunications networks available. Lowry covers more than 1,800 acres, of which 800 acres will be dedicated to parks and other open spaces. The parks and open spaces totals are equivalent to 20% of all the parkland in Denver today.

It is our intent to make the Lowry office very user friendly for our patients.

Understandably, growth brings change, which in balance will improve the entire experience with our office. The change often requires translation to make the change understandable. It is our intent to make the Lowry office very user friendly for our patients. We shall offer a wide variety of new and improved services, including our full clinical practice, clinical research, specialty test department, asthma and exercise clinic, antigen lab and distribution center, and most of our administrative facilities.

We hope to extend our office hours and offer more physician/physician assistant appointment times than we presently can deliver at our South Havana Street office.

If currently you are receiving allergy injections at one of the offices scheduled to be closed, we will be communicating with you near the end of this year to determine where you wish to receive those injections so that we can facilitate the move by transferring your chart and allergy treatment set to the appropriate office. We hope to minimize any inconvenience to you and that you, also, will be excited about this move.

Please feel free to speak with any of us regarding the relocation of our corporate home. When you come into the office, feel free to inspect the color rendering of the new space, as it should look by the time we move. We look forward to continuing our relationship with you and offering you the best possible care and service in our new space.

In Step with Research M N M N M N M N M N M N M N M N M N M N M N M N

We are very proud to announce the Clinical Research Centers of Colorado, P.C. will have four locations around the Denver Metropolitan area by 2001. These include Lutheran Research Department (Wheat Ridge); Southwest Research Department (Littleton); Aurora Research Department (Lowry); and our newest facility, Centennial Research Department (Englewood). The Aurora Research Department will be moving along with the Aurora medical practice at the end of December to 125 Rampart Way, located at the new Lowry Business Park.

The research department, Clinical Research Centers of Colorado, P.C., will continue to be an integral part of Colorado Allergy and Asthma Centers, P.C. involved in varied clinical trials specializing in asthma and allergy. These studies include both adult and pediatric populations. Some studies are with new medications that are not FDA approved; however, most of these studies already have 6 to 10 years of safety data collected. There are many other studies we are involved with that include medications that are FDA approved but are reformulated, others involve new devices, still others involve new propellants for inhalers, and finally others involve comparing medications that are already marketed. We are so excited to offer our patients the opportunity to participate in clinical trials and make available some medications that otherwise would be unobtainable, all the while making a contribution to medical progress and advancement and to influence the future of drug availability and cost. Please come visit one of our locations and see if a clinical trial would be right for you or talk to your CAAC physician regarding our Clinical Trials. Our staff would be glad to give you a tour and answer any questions you may have about participating in one of our studies. The time and travel involved is reimbursed and there is no charge to participants for participating in a trial. Our mission is to conduct quality clinical trials while protecting the rights, safety and welfare of our patients. We look forward to meeting you one day soon!

PUT ON YOUR HARD HAT . . . RESEARCH IS BUSY AT THE CENTENNIAL OFFICE!

If you have been down to our Centennial Office over the past few months and heard the sounds of construction, you may have wondered what all of the noise was about. Well, to fill you in, we have added a Research center to our Centennial Clinic site, to better serve our patients in the southeast area of metro Denver and the northeast area of Colorado Springs. We are located in the same suite as the clinic.

We have been warmly welcomed by **Dr. Vitanza, Dr. Greos**, and their wonderful team. We already feel quite at home in our beautiful surroundings.

We are always looking for patients to

participate in various studies. You may ask yourself, "Why would I want myself or my child to participate in a Clinical Trial?" There are many reasons why a patient may wish to participate. Some of them include:

- ❖ To learn more about your or your child's asthma or allergies.
- ❖ To have 1:1 interaction with your or your child's asthma/allergy specialist.
- ❖ To have direct contact with your study coordinators, who also have a great knowledge of asthma and allergies.
- ❖ To be able to try some of the newest medications and/or devices used for asthma and allergies.

- ❖ To try different formulations of medications that are on the market.
- ❖ To help us learn about medications that may benefit another person in the future.
- ❖ To earn some extra money.
- ❖ To receive free lab results, xrays, electrocardiograms, physical exams (pertinent to the particular study that you may participate in.)

We look forward to meeting and working with you in our new department. When you are at the Centennial Office, please ask about us, or feel free to contact **Stacy** or **John** at 303.632.3646 for more information.

News from the Lutheran Research office

The Lutheran research center is continuing to provide quality care to our many loyal research subjects, and to attract new patients thanks to the efforts of the staff and physicians in the clinic. **Dr. Grant C. Olson** has taken over for **Dr. Leon Greos** as the Principal Investigator. **Michael Calvin**, PA continues to assist **Dr. Olson** as well as the research center. We have a new supervisor, **Deborah Rifkin**, MS, MT, CCRC, who has worked in research for 7 years. She started at the Aurora office 1 year ago, and previously worked in Connecticut. Our other new staff member is **Sara Council**, BS, RD, who comes to us from Portland, Oregon. She has worked in asthma and allergy research for the last 1½ years. Other members of our team should be familiar to you, **Sharon Donnelly**, RN, CCRC, has been here for over 3 years, and 25 years with the company, **Tom Hellier**, Study Coordinator, who has been with us for 6 years, and **Jane Zulian**, Research Assistant, who has been here for 5 years. We look forward to seeing our old friends, and welcome new patients to stop by after their visit to tour our facility. Please call us at 303.432.9707 with any questions.

News from the Southwest Research office

We are proud to announce the full time opening of a new research facility adjacent to the office of **Dr. Jerald Koepke** and **Dr. Catherine Van Kerckhove**, at 6169 S. Balsam Way, Suite 360, Littleton, CO 80123. Dr. Van Kerckhove is the Principal Investigator. The new supervisor of the site is **Lissa Peterson**, RN, who has been working at the Aurora site as a Research Coordinator for the last 2 years. She is joined by **Jennifer Harp**, MA, CCRC and **Susie Huyer**, RN, both of whom have worked in research for the last 2 years. The office performs allergy and asthma research studies for both children and adults, and would be happy to answer any questions you may have about research. Please stop in at your next visit for a tour of the new facility. The door to research opens up to the waiting room of the clinic. We look forward to meeting you. Please call us at 303.972.9207.



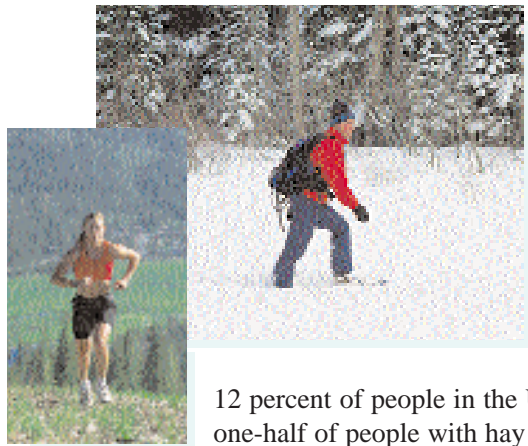
Asthma & Exercise Update . . .

CAAC continues to perform exercise challenges and fitness evaluations for their patients at the Colorado Athletic Club Aurora, near our Aurora office and now at the Wheat Ridge Recreation Center near our Lutheran office. The evaluations are offered on Tuesday or Wednesday afternoons. These assessments are offered to **Anyone** who is interested in ruling out or confirming the diagnosis of exercise induced asthma, assessing their fitness level and asthma control or participating in our aerobic training sessions. You do not have to currently be a CAAC patient to be seen in the A & E program.

We have been up and running in the Aurora area for 4½ years now. This is a reminder that the Aurora aerobic training sessions are offered Monday - Thursday from 5:00-6:00. We are at the Colorado Athletic Club on Tuesdays and Thursdays, and at Heather Ridge Country Club indoor pool on Mondays and Wednesdays. The goal of these sessions is to improve fitness levels, and provide education about asthma, exercise-induced asthma, medications, peak flow meter usage, and pacing skills.

Health fairs continue to be a popular activity. We have participated in school, corporate, health clubs, and city employee health fairs. At these health fairs we offer lung function testing and provide educational materials on asthma, exercise-induced asthma, and allergies.

If you would like more information or have any questions, please call **Dar Herfurt** at 303.755.5070 ext. 194.



12 percent of people in the United States. EIA occurs in 80 to 90 percent of people with asthma and in almost one-half of people with hay fever (allergic rhinitis).

ASTHMA & EXERCISE REVIEW

WHAT IS EIA?

Exercise-induced asthma (EIA) is a temporary narrowing of the airways caused by strenuous exercise or physical activity. EIA symptoms may begin during exercise/physical activity or after exercise/physical activity has ended. It may also reappear as a seemingly unrelated episode hours later, referred to as a “late-response”.

Some people with EIA describe feeling winded or tired, a tightness in their chest or experience wheezing, cough or chest pain. EIA affects approximately

WHAT TYPES OF MEDICATIONS AND TREATMENT ARE USED FOR EIA?

The goal of treating EIA is to let you participate in physical activities without triggering asthma. Once your physician determines that you have EIA, he or she will devise a plan which will permit you to participate in the exercise program or activity of your choice. The goal is to help you stay active and minimize/alleviate EIA symptoms. An asthma management plan should be individualized according to your needs. Techniques, medications, and devices commonly used to treat EIA include: *warm-up exercises, nasal breathing during exercise, proper inhaler technique, medications such as albuterol and/or cromolyn sodium, and peak flow meter monitoring.*

Medications can prevent and treat EIA, and should be inhaled approximately 15 minutes before physical activity. These medications, usually inhalers, keep the bronchial tubes from narrowing during exercise. Proper inhaler technique will help to ensure maximum effectiveness of the medication; your doctor may even

give you a “spacer” to make it easier to inhale your medication.

A peak flow meter is a device that shows how well your airways are working during physical activity. It measures the degree of openness of your airways. This may be necessary because sometimes it is difficult to distinguish between shortness of breath from exercise or shortness of breath from EIA. For example, if your peak flow meter reading is about the same as before exercise, then you are probably just winded from exercise; however, if your peak flow reading decreases with exercise, then you are probably starting to experience bronchial narrowing.

To summarize, when EIA is treated properly it should not limit or disrupt a person’s participation in physical activities. Although it is not fully understood what causes EIA, with proper medication, almost all individuals with asthma can actively participate in physical activities they enjoy.



*Holidays
to your family!*



*In Memory of
Gail Jane Sisbarro*

It is with a great deal of sadness that we have to announce the death on September 6, 2000 of our friend and co-worker Gail Sisbarro. Gail came to CAAC as a result of our merger with Allergy Respiratory Institute. She worked in our Highlands

Ranch office, our Littleton office and lastly in our Southwest office. She had been an employee for ten years.

We have set up a scholarship fund in her name, *Gail Sisbarro Scholarship Fund*, — at the American Lung Association, 1600 Race Street, Denver, CO 80206. This Fund will send children with asthma to Champ Camp next summer. CAAC has always supported Champ Camp and been a major contributor to it with both dollars and services. It is a good fit for Gail as it portrays her love for children and speaks to her knowledge of asthma. Contributions can be added to this fund for Gail and should be sent to the American Lung Association at the above address. Sending these children to camp will help us to express the loss we feel for Gail, but will also express our joy at being able to help asthmatic children experience summer camp.

Colorado Allergy and Asthma Centers, P.C.

Physicians:

Sanford E. Avner, M.D.	John M. James, M.D.
David S. Pearlman, M.D.	Grant C. Olson, M.D.
Allen D. Adinoff, M.D.	Catherine M. Van Kerckhove, M.D.
Leon S. Greos, M.D.	Michael A. Volz, M.D.
Jerald W. Koepke, MD.	Joanne M. Vitanza, M.D.

Physician Assistants:

Kim B. Allsop, P.A.-C.	Nicole A. Mezo, P.A.-C.
Michael V. B. Calvin, P.A.-C.	Nicole R. Pientka, P.A.-C.
Penny Forry, P.A.-C.	Martha J. Steffen, P.A.-C.
Tamara J. Young, P.A.-C.	

OFFICE LOCATIONS

DENVER-LOWRY OFFICE

125 Rampart Way • Denver, CO 80230-6405
303.755.5070 / FAX: 303.755.4520
Research: 303.696.7331

LITTLETON OFFICE

7720 So. Broadway, #110 • Littleton, CO 80122
303.795.8177 / FAX: 303.797.2166

LUTHERAN OFFICE

3655 Lutheran Pkwy., #407 • Wheat Ridge, CO 80033
303.420.3131 / FAX: 303.420.1984
Research: 303.432.9707

BRIGHTON OFFICE

1929 E. Egbert, Suite F • Brighton, CO 80601
303. 654.1234 / FAX: 303.654.0955

CENTENNIAL OFFICE

14000 E. Arapahoe Rd., #110 • Englewood, CO 80112
303.632.3694 / FAX: 303.632.3692
Research: 303.632.3646

FORT COLLINS OFFICE

1136 E. Stuart St., Bldg. 3, Suite 3200 • Fort Collins, CO 80525
(970) 221.1681 / FAX: (970) 221.0948

ST. ANTHONY NORTH OFFICE

8380 North Zuni, Suite 300 • Denver, CO 80221
303.428.6089 / FAX: 303.412.2141

SOUTHWEST OFFICE

6169 S. Balsam Way, #360 • Littleton, CO 80123
303.971.0311 / FAX: 303.948.0339
Research: 303.972.9207

GREELEY OFFICE

1800 Fifteenth Street, Suite 130 • Greeley, CO 80631
(970) 356.3907

www.
colorado
allergy.com

www.coloradoallergy.com

If you haven't visited our web site yet, we'd like to invite you to do so. We are changing our name from: www.isneeze.com to www.coloradoallergy.com in order to make it a little easier to remember. This is a great place to find out what's happening with the Breathe Better Foundation, where our offices are located, what employment positions are currently open and what investigational drug studies are currently being conducted. **Please know that at this point in time, you cannot leave messages or seek medical advice from the web site.**

We look forward to your visit!

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