



COLORADO ALLERGY & ASTHMA CENTERS, P.C.

Breathe Better - Live Better!

MISSION STATEMENT

"We are dedicated to the delivery of personalized, quality care by putting the patient first. We accomplish this by managing health, treating disease, and fostering education through research and community involvement."



Senate Bill 156:

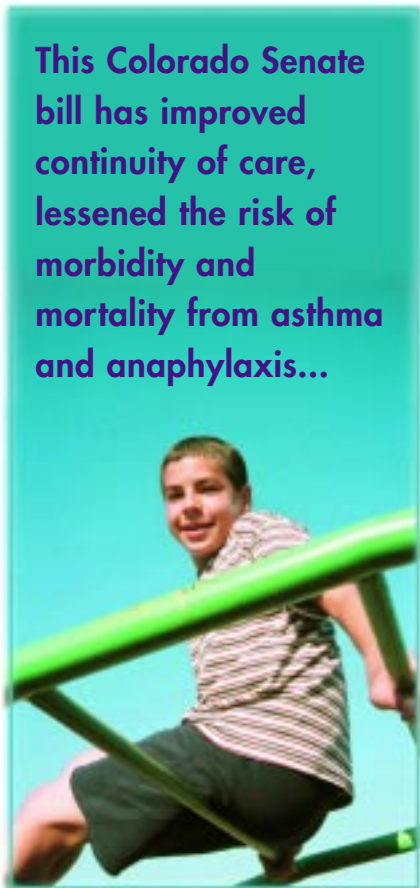
"Colorado Schoolchildren's Asthma and Anaphylaxis Health Management Act"

by John M. James, M.D.

A new piece of legislation was signed into law several years ago in Colorado that has a direct impact on children with asthma and anaphylaxis. This legislation is known as Senate Bill 156 or the "Colorado Schoolchildren's Asthma and Anaphylaxis Health Management Act." Asthma is a chronic lung condition requiring on-going medical attention and intervention. Delays in treatment can result in worsening of this condition and may lead to hospital emergency care or, in some unfortunate cases, fatalities. Anaphylaxis is a systemic allergic reaction that occurs most frequently in response to food allergens, bee stings and medications. If proper intervention is not administered, fatalities can occur.

Why is Senate Bill 156 so important? Children with symptoms of asthma and anaphylaxis frequently have increased health problems at school because of exercise and exposure to allergens. In the past, many children in Colorado schools have not had ready access to their medications. Many states have passed legislation that allows students the right to self-administer asthma inhalers and epinephrine for asthma and anaphylactic symptoms. In Colorado, Senate Bill 156 authorizes public school students with asthma or severe

allergies to possess and self-administer prescribed medications during school, while at school-sponsored activities, or while going to or from school or related activities, such as field trips and sporting events.



This Colorado Senate bill has improved continuity of care, lessened the risk of morbidity and mortality from asthma and anaphylaxis...

This legislation in Colorado requires a treatment plan, prescribed medications, demonstrated knowledge by the student about the use of the medications, parental authorization, and a release of school liability. This Colorado Senate bill has improved continuity of care, lessened the risk of morbidity and mortality from asthma and anaphylaxis, and has protected Colorado schools from associated legal responsibility. In addition, a set of regulations has been developed by a committee of school nurses to facilitate this process. The healthcare provider can indicate that self-administration of necessary medications to treat asthma and anaphylaxis may be appropriate and the school nurse should be involved in determining whether a student is mature and competent enough to self-administer these necessary medications.

This legislation is a real "win-win" situation for Colorado schoolchildren with asthma and anaphylaxis. Remember to discuss these issues with your medical provider and school officials.

Visit our website for information:

Support Groups • Current Drug Studies • News Articles and much more • www.coloradoallergy.com

Nine Year Old Donates Birthday Money for Champ Camp

Rod Stewart recently celebrated his ninth birthday. Big deal, you might think, lots of kids celebrate their ninth birthday. Well, here is the story of Rod's very special ninth birthday.

Rod decided that, instead of having friends and family give him presents for his birthday, he was going to ask for money...money that he would donate to a charity!

Rod is a patient here at Colorado Allergy and Asthma Centers. He has allergies and receives allergy injections. He also has asthma.

Rod decided that the birthday money he collected would be donated to the American Lung Association to sponsor someone to attend "Champ Camp." Champ Camp is a camp for kids with asthma. These kids get to stay in the mountains and rock climb, hike, play games and, most importantly, learn LOTS about asthma. They learn what happens

when you have an asthma flair, the importance of taking your asthma medications, the correct way to use an inhaler and much, much more!



Rod Stewart accepting a check from Dr. Leon Greos

Rod's doctor, Dr. Leon Greos, learned about Rod's generosity. Dr. Greos was so impressed with Rod that he told the birthday boy that he would match the money raised, dollar for dollar.

Maybe Dr. Greos didn't know the kind of kid Rod is, because, guess what?

ROD RAISED \$400.00!!! Sooo...

Dr. Greos had to write a check for \$400.00!!! That made Rod's total donation \$800.00 and sponsored TWO kids to attend Champ Camp!

So, that is the story of Rod Stewart's ninth birthday. Now you know why we think that Rod is an extra special kid with a great big generous heart! He's our "champ!"



Asthma & Exercise Clinic

Assessments to help you...Live Better - Breathe Better!

By Tim Stewart, P.A.-C.

Many patients come to Colorado Allergy and Asthma Centers for evaluation and treatment of exercise-induced respiratory symptoms. Many times these symptoms significantly affect the individual's ability to perform physically oriented activities on a recreational level as well as a competitive level. Before long these individuals begin to decrease their level of participation because of how uncomfortable they feel when physically active. The typical symptoms these individuals present to us are: increased difficulty breathing, chest tightness, chest wheezing, throat tightness and throat wheezing, unable to get air in, chest discomfort and pain. Other complaints include: "unable to perform as I would like to..." or "can't keep up..." or "I get too tired or fatigue too quickly." The Asthma and Exercise Program has been available to CAAC patients for many years to evaluate such complaints.

Since the year 2000 a total of 1,260 exercise challenges have been performed to evaluate exercise-induced respiratory symptoms. A total of 732 females and 528 males have been tested with pediatric patients comprising 66% of all tests. It is extremely important to conduct the exercise challenge in an environment that closely resembles that in which the patient experiences the symptoms. The majority of these tests, 75%, have been conducted indoors. Almost two thirds of these exercise challenges are negative, 64%, meaning that the patient does not have exercise-

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Long Acting Bronchodilators

The US Food and Drug Administration (FDA) Advisory Panel has issued a Black Box Warning Alert regarding use of long-acting bronchodilators found in Advair, Serevent, and Foradil.

Rare (sometimes fatal) asthma-related problems have occurred in patients being treated for asthma with long-acting bronchodilators (LABAs). In patients taking LABAs for 28 weeks, there were 13 deaths in 13,176 patients (0.08% or 8/10,000) versus the placebo group with 3 deaths in 13,179 (0.03% or 3/10,000). The majority of these deaths occurred in African-American patients. Whether the risk in African-Americans is due to factors such as a physiologic effect, genetic factors, or patient behavior leading to poor outcomes (e.g. delay in seeking care or noncompliance) remains unknown. Review of the study could not establish a direct causal relationship associated with use of these drugs per sé, but did raise a concern regarding the importance of using these drugs strictly as prescribed. This is not unique to LABAs. Asthma can also worsen when overusing rescue inhalers such as albuterol.

It is important to recognize that there are a very small number of patients who may notice an increase in their asthma symptoms when taking a LABAs. This generally occurs in the first weeks of treatment and resolves when the medication is stopped.

The FDA has requested that a “black box” warning be placed on these medications to alert the public about these findings and to encourage patients to discuss the proper use of these drugs with their doctors. It is worth noting that the FDA Advisory Committee affirmed that these drugs should remain on the market because, in general, their benefits are felt to far outweigh the risks.

CAAC providers follow FDA guidelines for LABAs which include the following suggestions:

- LABAs should not be the first medicine used to treat asthma. LABAs should be added if other medications are not controlling asthma.
- Use LABAs in conjunction with an inhaled steroid. LABAs should never be used alone as a controller medication for asthma.
- Patients who are currently taking LABAs should not discontinue their treatment without first consulting a physician. Abruptly stopping medications may result in acute loss of asthma control, which may be life-threatening.
- LABAs should not be used to treat acute symptoms.
- Patients on LABAs must also have a short-acting bronchodilator (e.g., albuterol) for treating acute symptoms.
- Patients need to recognize that increased need for using a short-acting bronchodilator is a sign of deteriorating asthma (e.g. use of albuterol more than 4 times in 24 hours).
- Patients experiencing increased asthma should seek medical attention promptly.

Do not stop your asthma medication without consulting your physician. Untreated asthma poses a much greater risk than using LABAs. We encourage you to discuss any concerns that you may have regarding the use of LABAs with your provider.

DOCTOR'S



CORNER

Jerald W. Koepke, M.D.

2008 Founder's Award Scholarship Fund Recipients

The physicians of Colorado Allergy & Asthma Centers, PC have elected to offer four \$1,000 scholarships per year to patients. These scholarships are intended to honor our Founding Fathers: Sanford Avner, MD; Jerome Buckley, MD; David Pearlman, MD and the late John Selner, MD.

This year, the recipients of this award are:

Brandon Campbell – Brandon, a Home Educated student and a big brother to 16 foster children, has done many volunteer activities during his high school years. His volunteer work includes, the Denver Homeless Shelter, feeding the homeless in San Francisco, working on a Navajo reservation in Arizona, teaching in Juarez, Mexico, Hurricane Katrina clean up and volunteering for the Sports & Recreation Department. He received the Phineas F. Brezee award and received an Honorable Mention to the State All Conference Team. For three years he lettered in football through Elizabeth High School. Brandon was selected to enter the 2008 Aerospace Engineering class at the University of Colorado at Boulder.

Timothy Andrew Johnson – Timothy is the third born in a family of eight Home Educated children. He loves the outdoors and caring for his cows and goats. He is an experienced beekeeper and owns and operates Busy Bee Enterprises which produces natural honey and beeswax products. Timothy shares his knowledge of honeybees with children in the local elementary schools and public libraries. He received the "2005 Young Entrepreneur of the Year" award by Young America Bank of Denver. He is also an avid musician and enjoys playing the cello in his family's string quartet and the Denver Young Artist's Orchestra. Tim attends Red Rocks Community College and intends to complete a Bachelor of Science in Business Administration degree.

Colleen Marie Sanderlin – Colleen is the oldest in her family and has a sister and a brother. She is currently a junior at the University of Northern Colorado where she is studying to become a Physical Education teacher. She is the Variety Events Coordinator on the University Program Council and is a volunteer with the National Society of Collegiate Scholars. She is a member of UNC's cross country and track teams. She received the YNX Service Leadership Award at UNC for the 2006/2007 academic year.

Julia Lynn Williams – In May 2008, Julia graduated as Valedictorian of Ralston Valley High School. Julia played mellophone in the high school marching band and French horn in symphonic band. She was selected as an All-State musician on French horn in 2008. While she devotes much of her time to music, even more is devoted to art. She has won several awards, including Scholastic Gold and Silver Keys as well as a first place award in the Jefferson County High School Art Exhibit. Her love for music and art prompted her to attend Colorado State University this fall, to major in art and minor in music. Ultimately she wants to become a children's book author and illustrator.

2008 PATIENT SATISFACTION SURVEY

We would like to thank allergy shot patients who participated in our Patient Satisfaction Survey this past spring. We value your opinion and feedback in determining the level of satisfaction with your care and treatment. Results from this survey demonstrated that your level of satisfaction is a 93% which means you were satisfied or strongly satisfied with your care and treatment.

CAAC surveys patient satisfaction twice a year. This fall we will survey all our clinic patients during the months of October and November. We will continue using the computer kiosks in all our offices with the exception of our Brighton, Greeley and Fort Collins offices, who will have paper surveys. Overall your satisfaction with us is very high and we appreciate all the comments many of you wrote.

We would greatly appreciate you taking the time to complete a survey if you visit our offices during October and November.

Quarter Century Club Honors Dedication of Employees

by Jill Yousef, Director of Human Resources

Before coming to Colorado Allergy & Asthma Centers, I worked for a 150 year old manufacturing company that had generations of family members. I started at that company right out of college and naively thought I would be one of the many who start and end their career with such a large and established company. I wasn't so lucky – or was I? After seven years, I found myself in the thick of a company buyout. I had the option of moving to Ohio for a promotion or taking a generous severance package. I love Denver and after finishing my MBA, I felt confident in my ability to further my career without having to leave this beautiful state. Severance package it was. I now find myself at a company that prides itself on the retention of it's employees. It is almost unheard of in today's job market to be with a company from the beginning to the end of your career, yet I hope that is what happens to me with CAAC. After four years, I have found a new 'home away from home' because of the great people that make up this incredible company.

Here are a few statistics that help my rationale for wanting to stay with such a great company:

36 years = Number of years CAAC has been in business

9.5 years = average number of years of the 127 full-time, part-time and PRN employees at CAAC

66% = Percent of employees that have worked here for 5 to 9 years

44% = Percent of employees that have worked here for 10 to 14 years

26% = Percent of employees that have worked here for 15 to 19 years

12% = Percent of employees that have worked here for 20 plus years

In May of this year the Quarter Century Club was introduced to our employees. The partner physicians wanted to honor employees who have given 25 years or more of exceptional service to care for the patients of CAAC. Seven inductees were honored with a dinner at The Fort Restaurant. Each year the partner physicians will honor new inductees who have reached this incredible 25 year milestone and welcome them in to this prestigious club.

The inductees honored in 2008 were:

Denise Curtis, Director of Research Operations – 25 years of service

Julie Rugg, R.N., Clinic Manager at Lakewood – 26 years of service

Jerald Koepke, M.D., Southwest and Highlands Ranch – 28 years of service

Mary Thal, R.N., Director of Clinic Operations – 29 years of service

Sue Pankoski, Certified Clinical Research Coordinator – 30 years of service

Jackie Miner, R.N., Denver – 36 years of service

David Pearlman, M.D., Founder and Research Director – 36 years of service



In the age of job-hopping, I find that our employees stay at CAAC because they sincerely love helping to improve the quality of life of others and they love the people they work with. CAAC prides itself on being a family-focused and flexible workplace and I believe our employees are not only happier because of this environment, but they provide a higher quality of care because they are truly happy doing what they do for a living. Starting a new job can be somewhat daunting, however, when I came to CAAC I fondly remember being welcomed to the CAAC family with open arms. In turn, I hope to show my fellow employees the same level of respect and kindness they have shown me from day one.

IN STEP WITH RESEARCH MIGRAINE & EXERCISE STUDIES



The Research Department at CAAC is launching some exciting new clinical trials this fall. New studies include an inhaled medication for treatment of migraines, a new nasal spray for year-round allergies (cat, dog, dust, mites), and an asthma inhaler with a new dose counter. More information about these studies can be found on our web site, www.coloradoallergy.com, or by calling any of our research sites.



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Asthma & Exercise Clinic

induced bronchospasm, therefore eliminating the need for medication taken prior to any type of physical activity. Since the symptoms were not related to exercise induced bronchospasm, the reasons for the exercise-induced respiratory symptoms were numerous, including deconditioned/low fitness level, chronic nasal congestion, excessive postnasal drainage, high level of exertion, hyperventilation and anxiety, and chest wall pain (costochondritis).

The rest of the exercise challenges, 36%, were positive for exercise-induced bronchospasm and/or vocal cord dysfunction. Those individuals who were positive for vocal cord dysfunction were also able to discontinue medication prior to exercise. Treatment consisted of following up with a speech therapist specifically trained to treat exercise-induced vocal cord dysfunction.

As a result of conducting exercise challenges, unnecessary medications can be discontinued and specific medications designed to treat specific symptoms are prescribed so the individual may optimally participate in physical activities at the intensity he/she chooses.

COLORADO ALLERGY & ASTHMA CENTERS, P.C.

PHYSICIANS

David S. Pearlman, M.D.
Jerald W. Koepke, M.D.
Allen D. Adinoff, M.D.
Leon S. Greos, M.D.
Grant C. Olson, M.D.
Catherine M. Van Kerckhove, M.D.
John M. James, M.D.
Nan Laoprasert, M.D.
Mark A. Ebadi, M.D.

PHYSICIANS ASSISTANTS

Kim B. Allsop, P.A.-C.
Michael V. B. Calvin, P.A.-C.
Penny Forry, P.A.-C.
Nicole A. Mezo, P.A.-C.
Nicole R. Rae, P.A.-C.
Martha S. Steffen, P.A.-C.
Tim Stewart, P.A.-C.
Lisa Thackwell, P.A.-C.
Sheila Wertz, P.A.-C.
Tamara Young, P.A.-C.

OFFICE LOCATIONS

BRIGHTON

1929 E. Egbert St., Suite C
Brighton, CO 80601
303.654.1234 / FAX: 303.654.0955

BROOMFIELD

340 East First Ave., Suite 307
Broomfield, CO 80020
303.428.6089 / FAX: 303.412.2141

CENTENNIAL

14000 E. Arapahoe Rd., Suite 240
Centennial, CO 80112
303.632.3694 / FAX: 303.632.3692
RESEARCH: 303.632.3646

DENVER-LOWRY

ADMINISTRATIVE LOCATION
125 Rampart Way, Suite 100
Denver, CO 80230
720.858.7600 / FAX: 720.858.7610
RESEARCH: 720.858.7510

FORT COLLINS

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

GREELEY

7251 W. 20th Street, Building N, Suite One
Greeley, CO 80634
(970) 356.3907 / FAX: (970) 356.3825

HIGHLANDS RANCH

9331 S. Colorado Blvd., Suite 100
Highlands Ranch, CO 80126
303.795.8177 / FAX: 303.797.2166

LAKEWOOD/DENVER WEST

1667 Cole Blvd., Building 19, Suite 200
Lakewood, CO 80401-3300
303.420.3131 / FAX: 303.420.1984
RESEARCH: 303.432.9707

SOUTHWEST

6169 S. Balsam Way, Suite 360
Littleton, CO 80123
303.971.0311 / FAX: 303.948.0339

Visit us on the web at:
www.coloradoallergy.com