

# HEALTHY LIVING

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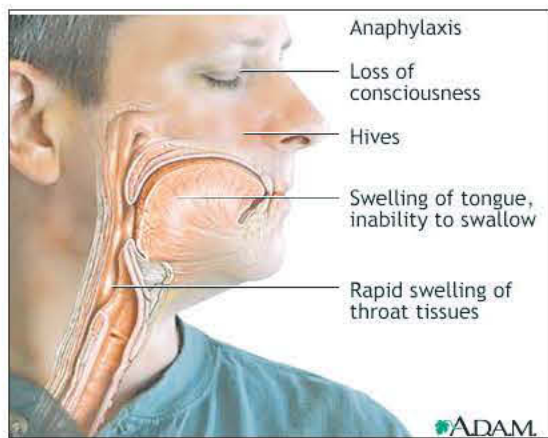


## Would you know the symptoms of life-threatening Anaphylaxis?

Many of the approximately 1,500 deaths in the U.S. each year due to anaphylaxis, a sudden, serious allergic reaction, could be prevented if more people knew the symptoms and the immediate treatment needed to survive.

To increase awareness of anaphylaxis, Charleston allergists Jeffrey Dietrich, MD, and Bruce Ball, MD, have joined the national Anaphylaxis Community Experts (ACEs) educational program to present community awareness programs to schools, hospital grand rounds, PTA meetings, medical offices, Scouting organizations, EMS, fire and police departments, and more.

"The first line of treatment is early administration of epinephrine. Most fatalities from anaphylaxis occur outside the home, especially when treatment is delayed," said allergist Jeffrey Dietrich, MD. "Our goal is to show parents, teachers, school nurses, emergency responders



and others how to recognize and respond to anaphylaxis symptoms the moment they begin. Our goal is to save lives."

Anaphylaxis is a rapid-onset, whole-body, potentially life-threatening allergic reaction.

It can happen to anyone at any time, but is more commonly experienced among people with risk factors.

There are three major risk factors for fatal anaphylaxis:

- Allergic reaction to food, stinging insects or medications

- Presence or history of asthma symptoms
- Delay in administration of epinephrine

The affected person may experience cardiovascular shock and/or serious respiratory compromise.

"What causes the allergic reaction? The answer may not be what you think. See an allergist. Get a strategy and reduce anxieties associ-

ated with anaphylaxis," said Bruce Ball, MD.

"Forty-seven states protect students' rights to carry and use auto-injectable epinephrine. We've created resources to help them and families coordinate students' needs."

ACE program objectives are to:

- Help patients, families and healthcare professionals identify who is at risk, and recognize signs and symptoms of life-threatening allergic reactions

a history of anaphylaxis to consult with an allergist routinely

- Provide an Anaphylaxis Action Plan to patients who are at risk of anaphylaxis

- Refer patients with a diagnosis of anaphylaxis to an

**"Anaphylaxis is a rapid-onset, whole-body, potentially life-threatening allergic reaction. It can happen to anyone at any time, but is more commonly experienced among people with risk factors."**

Dr. Bruce Ball, M.D.

Every child at risk should have an anaphylaxis action plan on file with all schools and caregivers.

The plan should list symptoms, state that immediate action can be life-saving and outline what to do in order of importance.

The ACE program will be presented in 150 communities by teams of local allergists and laypersons.

- Recommend that auto-injectable epinephrine, the first line of treatment, be administered immediately once the symptoms have been identified, followed by emergency medical attention at the nearest hospital
- Develop prevention models that:
- Promote identification and avoidance of allergens
- Encourage patients with

allergist, support-organizations and educational programs

For more information on the symptoms and treatment of anaphylaxis or to request an ACE awareness presentation for your group, contact jeffrey.dietrich@aacllp.com or visit www.CharlestonAllergy.com, www.aanma.org/anaphylaxis and www.AllergyAndAsthmaRelief.org.

## Burn calories while you sleep

A local physician offers a metabolic rate test that shows people how many calories they burn while resting.

Sounds too good to be true, but it isn't. The idea of burning calories while sleeping is something many would be skeptical about, but they shouldn't be. Dr. Bright McConnell, III of Fitmed Partners says he can test how many calories a person is burning while snoozing away. "The test is called RMR. It stands for resting metabolic rate. This gas analysis helps to determine how many calories a person's body naturally burns a day and the amount of energy expended while at rest," he said.

Anne Ahern Moore, an exercise physiologist with

FitMed Partners, often administers this 10-minute RMR test on a weekly basis. "People are always surprised by the results, especially women. They are convinced they have slow metabolisms, and more often than not their metabolism is just fine. It is the amount of calories they are consuming and the calorie energy they are expending that is important," she said.

The test is performed by clamping the person's nose and then asking them to breathe into a tube for ten minutes while resting.

"This test is perfect for anyone trying to lose weight or for anyone wanting to optimize body composition." The RMR number given at

the end of the test shows the individual how many calories they need to eat in a day to lose weight and keep their body out of starvation mode.

For less than \$100 dollars, this test can help individuals who want to lose weight start off with valuable information about their body.

"Everyone is different, and RMR can determine valuable facts about one's body and how it metabolizes. If an individual finds that they have a slow metabolism, we can give them tools to jump start that and help them reach their weight loss goals," said Dr. McConnell.

For more information about RMR, log on to fitmedpartners.com.

## Procedure receiving warm welcome

Do your love handles refuse to budge even though you spend hours at the gym? Has having children left your stomach resembling a "muffin top"?

Then the coolest new procedure to freeze away the fat permanently may be just the perfect fit for you. Dr. Marguerite Germain, M.D. of Germain Dermatology in Mount Pleasant, has been selected as the only dermatologist in South Carolina to offer

Zeltiq, a non-surgical fat reduction procedure that uses cool sculpting, cryolipolysis, to permanently remove fat cells without surgery, needles or downtime.

With fat cells being naturally more vulnerable to the effects of cooling, the cooling effect from the Zeltiq procedure causes crystallization of the lipids in the fat cells. The cells then begin to break down and are gradually eliminated by the body's normal meta-

bolic processes, over a period of two to four months. These fat cells are eliminated from your body permanently. Unlike liposuction - which also eliminates fat cells from your body- the Zeltiq procedure doesn't require the patient to endure surgery as there's no cutting or needles. The ideal candidate for Zeltiq is someone who is relatively fit but may have some fat bulges that aren't easily reduced through diet and exercise.

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