

Spring Has Arrived at GMA

What's New at Guilford Medical Associates?

Newsletter

Have you missed the first two newsletters? Remember, you can always view the latest newsletter and find a link to archive versions on our website: www.guilfordmedical.com. Be sure to look back at our Medical Updates on Vytorin/Zetia (Issue 1) and Heart Disease Prevention (Issue 2).

Clinical Trials

Did you know that many of the physicians at Guilford Medical participate in clinical trials? Through an ongoing relationship between GMA and PharmQuest, a Greensboro-based pharmaceutical research company, our patients have the opportunity to participate in studies that examine the latest treatment options in many different fields of medicine. While you are enrolled in the study your physician will closely monitor your progress. Current studies include treatments for:

- Diabetes and Diabetic Neuropathy
- Low Back Pain
- Asthma
- Hyperlipidemia and Metabolic Syndrome
- Osteoarthritis of the Knee
- Post-herpetic Neuralgia
- Shingles Vaccination

Be sure to talk with your doctor if you are interested in participating in one of these trials or would like to learn more.

PharmQuest

A Clinical Research Company

**CHECK OUT OUR UPDATED WEBSITE AT
WWW.GUILFORDMEDICAL.COM**

MEDICAL UPDATES

Medical News You Can Use

Are Allergies Making you Mad?

March Madness means more than just exciting basketball at GMA. With the beautiful blooms and green grass come many frustrated patients who struggle with allergies. Allergic Rhinitis is characterized by itchy/watery eyes, sneezing, (typically) clear nasal drainage, and cough due to post-nasal drip.

Treatment of allergies aims to reduce the body's reaction to external triggers, or allergens. Limiting exposure to common triggers such as pollen, weeds, or pet dander may help. Unfortunately, during the spring months in North Carolina, avoidance may be impossible. Treatment options include (often used in combination):

- Antihistamines with or without decongestants (Claritin, Zyrtec, and Benadryl are now all available over-the-counter. Other prescription options are also available).
- Nasal Steroids (Flonase, Nasonex, Rhinocort Nasocort Aq, Veramyst) are prescription nose sprays that reduce nasal and sinus drainage.
- Saline nasal spray prevents nasal irritation.
- Other options such as inhaled antihistamines (Astelin), Singulair, and allergy shots may be necessary for refractory cases.

Allergy symptoms may be difficult to distinguish from those caused by the common cold viruses. Allergies may last longer than the typical virus (7-10 days) and flare up after exposure to allergens. The presence of 3 or more of the following may indicate the presence of bacterial sinusitis which may respond to antibiotics and should prompt a call to your doctor:

- No improvement with decongestants
- Colored nasal discharge
- Toothache
- Facial pain on one side
- Worsening symptoms after initial improvement
- Abnormalities on physical exam