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Gaetano Aquilino, M.D.
 Central Jersey Pulmonary
 719 North Beers Street, Suite 2E
 Holmdel, NJ 07733

Dear Dr. Aquilino:

This time of year, your waiting room is likely to be filled with people suffering from congestion, sneezing, sinus pressure, and itchy or watery eyes.

Any of these symptoms can be signs of the common cold, allergic rhinitis and/or sinusitis. But there are other less-common symptoms that may provide added clues that you are dealing with someone suffering from Spring allergies or a chronic sinus condition rather than a cold.

The enclosed fact sheet offers you a quick glance at some of those additional signs and symptoms you may see in your patients that should trigger the need for them to see an otolaryngologist and/or an allergist.

At our office in Brick (less than half a mile from Ocean Medical Center), your patients can have **the convenience of being evaluated and treated for their allergies and sinus conditions all under one roof**.

If you would like one of your patients to come in for an evaluation, please don't hesitate to call us at 732-458-8575.

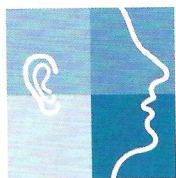
Sincerely,

Clifford Timothy Chu, M.D.

Thomas E. Brandeisky, D.O.

Howard S. Landsman, D.O.

Enclosures



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CYNTHIA MONAHAN, R.N.

**One-stop treatment for
allergies and
sinus conditions**

Improving the quality of life for your patients

The effects of allergic rhinitis and/or sinusitis for the people who suffer from them can range from mild to severe with significant impact on quality of life.

Certainly, today's antihistamines help curb the symptoms of many allergy sufferers, but without a thorough medical history, physical exam for contributing anatomic deformities, and allergy testing as indicated, quality of life improvement can be difficult to achieve.

For this reason, it is important to identify the symptoms suggestive of allergy to know where to refer patients for whom routine medical therapies have failed.

The common symptoms of nasal allergy

The most recognized symptoms of allergic rhinitis or sinusitis are:

- Nasal obstruction or nasal insufficiency
- Sneezing
- Itching of the eyes, ears, nose and throat
- Nasal drainage or post nasal drip
- Disturbed sense of smell and/or taste



Patients who present with the following symptoms may also be suffering from allergies:

- Fatigue
- Sleep disturbance and/or snoring
- Clogging and popping of the ears
- Gastrointestinal distress
- Eczema
- Aggravation of reactive airway disease
- Aggravation of Meniere's Disease/vertigo
- Recurrent sinus infections



Treating nasal allergies and sinusitis

Treatments selected for your patient will depend on the degree of severity and persistence of symptoms as well as the patient's personal preferences. Patient compliance with a long-term management plan is more likely when he or she participates in the medical decision-making.

When your patients come to us, we provide:

- Evaluation through history and physical exam
- Allergy testing as indicated
- Counseling regarding environmental controls, nutritional management, pharmacotherapy, and immunotherapy

A summary of our findings and your patient's treatment plan will be promptly sent to your office.

It's never too late to refer your patients for evaluation of their seasonal and perennial allergies!

To further discuss allergy and sinus care, and the services we offer to our patients, please call us at 732-458-8575.

