

INTRODUCTION TO OUR OFFICES



1006 EAST GUADALUPE ROAD, TEMPE, AZ 85283
6553 EAST BAYWOOD AVE., STE 103, MESA, AZ 85206
2248 NORTH ALMA SCHOOL ROAD, STE 104, CHANDLER, AZ 85224

SURESH C. ANAND, M.D., M.S. IN MED., F.A.C.P., F.C.C.P.
F.A.C.A.A.I., F.A.A.A.A.I.

MIRIAM K. ANAND, M.D., F.A.C.P., F.A.C.A.A.I., F.A.A.A.A.I.
DIPLOMATE, AMERICAN BOARD OF INTERNAL MEDICINE

DIPLOMATES, AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

VEENA KRAUSE, F.N.P.

TERA CRISALIDA, P.A.-C., M.P.A.S.

TELEPHONE (MAIN OFFICE) (480) 838-4296 FAX (480) 820-1275

www.allergyassoc.net

LOCATIONS AT:

CHANDLER OFFICE

2248 N ALMA SCHOOL RD, STE 104

CHANDLER AZ 85224

Phone: (480) 792-1006

Injection Hours:

Thursday: 9:30-12:00 1:30-5:30

Saturday: 8:30-2:00

MESA OFFICE

6553 E BAYWOOD AVE, STE 103

MESA AZ 85206

Phone: (480) 218-1996

Injection Hours

Tuesday: 9:00-12:00 1:30-5:00

Wednesday: 9:00-12:00 1:30-5:30

TEMPE OFFICE

1006 E GUADALUPE RD

TEMPE AZ 85283

Phone: (480) 838-4296

Injection Hours:

Monday: 9:00-12:00 1:30-4:30

Tuesday: 9:00-4:30

Thursday: 9:00-6:00



FOR BILLING QUESTIONS PLEASE CALL

480-838-4296

The web site is a comprehensive source of educational material and patient handouts for allergy, asthma, and other medical topics.

www.allergyassoc.net

ALLERGY ASSOCIATES & ASTHMA, LTD.

Thank you for choosing our office for your medical care. Dr. Suresh Anand, Dr. Miriam Anand, Veena Krause, F.N.P., and Tera Crisalida, P.A.-C., M.P.A.S. specialize in treating diseases related to allergies. The common allergic diseases include: Hay fever, Rhinitis Sinus problems, Asthma, Allergic Bronchitis, Hives, Food allergies, Eczema, Drug allergies, and other diseases which your physician may consider to be related to your allergies. Both adults and children are treated.

Asthma may be mild or serious but should always be taken seriously. Recent advances offer considerable help.

OFFICE: Dr. Suresh Anand has been in this area since 1969 and has a well-established practice. Our offices have made every effort to meet the requirements of handicapped patients. We have offices in Chandler, Mesa, and Tempe for your convenience.

STAFF: Our staff members are experienced, well trained, and always helpful. They work as a team, which is the cornerstone of our practice.

NEW PATIENT APPOINTMENTS: Every effort is made to schedule new patients as early as possible. All new patients need to fill out forms that include a detailed questionnaire, which is important to their care.

TESTING: After your initial history and physical examination, related to our specialty, the physician may recommend a further plan of action. This may include medicines, preventive measures and tests, according to each patient's individual situation. Whenever possible, the tests are arranged on the same day of the initial appointment to prevent an extra unnecessary trip to the office. Office staff will explain all about the tests and charges that will be incurred before actually proceeding with any testing. You will be given time to consider all options before proceeding with testing.

Please ask for an explanation of any procedures related to your treatment that you may not understand. If there are any questions about insurance coverage or method of payment, our staff will be happy to answer any concerns in order to avoid any future misunderstandings.

The testing procedures may have to be done in segments, requiring more than one visit to our office. After the tests are completed, the patient will be given an appointment with the doctor for an interpretation of the tests. The *medical technician is not permitted to discuss any testing results* with the patient even though you may be anxious to know the results. The doctor, or the nurse, who is familiar with the patient's medical history, will explain these results.

INSURANCE AND PAYMENT ARRANGEMENTS: There was a time when we were rarely required to ask these questions. Now, there are a multitude of insurance contracts with the most important information buried in the finest of print. Even for the most informed, it is impossible to know each patient's coverage, or contract, with the insurance company. So, please do not be offended if we ask for details of your insurance coverage, or method of payment. Incorrect information from the

patient may result in the denial of payment by the insurance carrier and make you responsible for the payment of services.

Please take some time to understand your insurance contract. In some cases, you may need a referral from your primary care physician (PCP), or an advanced authorization to utilize our services. Without that formality, and the appropriately filled out referral forms, we may not be allowed to treat you immediately.

MEDICARE: We accept Medicare. We also help you file any other insurance forms with insurance companies with which we participate. Although the benefits and rules keep changing, we do our best to assist you in every way possible. To avoid misunderstandings feel free to ask for clarification.

REFERRALS: Our patients, their relatives, friends, and other physicians refer over 95% of our patients to us.

Your referring physician receives an appropriate report after all the allergy evaluations are completed. Your referring physician remains your main doctor and our job is basically to assist you in your allergy care and consultation as needed. *It is not our purpose to take over your care from the referring physician.* Lack of cooperation between different physicians only hurts the patient. When needed we may also recommend further consultations with other physicians.

TELEPHONE CALLS AND AFTER HOURS COVERAGE: Your health is important to us. When you or a family member is ill, you may become worried. A major decision about care should be made immediately. Should you call the doctor's office? The answer you decide upon is important to you and your health and peace of mind. During office hours a nurse or medical assistant is always available to advise you. They will discuss your questions with the physician, as soon as possible to make the appropriate recommendations. Sometimes the problem can be resolved over the telephone. We may suggest that you see Dr. Suresh Anand, his associates, your primary care physician, or another specialist whom you may already be seeing.

After-hour calls should be limited to urgent or emergency care. If you are calling about a non-life threatening emergency after hours, you can reach the on call doctor by pager. Call (480) 838-4296, and by pressing option 4 you will be calling the physician that is on call directly. If you need to leave a voicemail clearly state your telephone number in the message, as your telephone number does not show up on the physician's caller ID. The on call physician will return your call within thirty minutes. If you do not hear back after thirty minutes, please page the physician a second time making sure you enter the correct contact number.

Non urgent matters should be handled during normal business hours, i.e. billing questions, prescription refills, appointment scheduling, etc. If you listen carefully to the recorded message on the voice mail you will also be given step-by-step instructions on using the pager or leaving messages of a non urgent matter.

If it is a severe emergency, do not waste your time on a phone call. CALL 911 immediately or go to the emergency room. The hospital can always contact your physician, if needed. This applies not only to our office but to any of your other physicians as well.

SUMMARY CONFERENCE VISIT: The doctor evaluates your test results and records for further planning of treatment. Instructions are given in the avoidance of suspected allergens or irritants, and appropriate use of medicines. You will be advised if any long-term allergy injection treatment will be helpful. Please ask the doctor any questions you may have. Full understanding of treatment is a priority.

This visit is followed by a conference with the nurse or medical assistant, who further emphasizes the course of treatment. Proper use of all your medicines will be explained in detail. The routine of allergy injection treatment will be explained. These injections may be given at our office or sent to your primary care physician for injection. The information provided, and the patient's compliance is important for successful treatment. Much of the information related to your illness may be new to you. Every effort will be made to keep you informed.

DO NOT hesitate to call our offices if you have any questions. The partnership in communication between the patient, physician, and our staff is always rewarding. This opportunity is always available, but its use depends on you. Otherwise, we have to assume that the line of communication is satisfactory. This is also the time to clarify questions about your insurance program, method of payment, treatment, etc.

ALLERGY INJECTIONS: Allergy injections are a long-term program, which requires careful monitoring. *Injections take some time before helping you. The program should not be discontinued without discussing it with your doctor.* Separate instructions are given if you receive injections at our office. The injections may be sent to another physician for administration for your convenience. All injections should be given under proper supervision. *Self administration of allergy injections is not advised, for your own safety.*

ESTABLISHED PATIENTS: Appointments will be scheduled promptly. Please inform the receptionist as soon as you arrive that you have an appointment with the doctor, or need laboratory testing. We do our utmost to eliminate unnecessary waiting. We strongly believe in the value of your time.

FOLLOW UP VISITS: We like to see you for periodic checkups approximately **every six months or earlier if needed.** Please call for a "Review Appointment" with the doctor.

APPOINTMENTS: If for some reason you cannot keep an appointment or are delayed, please inform our office within 24 hours prior to your appointment. You will not be billed for your cancelled appointment if you have called to cancel or reschedule. If you do not show up for an appointment and have not called to notify us, there may be a \$25.00 no-show charge. This time can certainly be utilized for another patient who may need immediate care.

CASH PAYMENT: It saves time and expense if charges are paid at the time the services are rendered. If you pay by cash, check, or credit card, please **insist on a receipt.** Save your expense records, for tax purposes, or in case there is a conflict later.

MONTHLY STATEMENTS: Monthly statements are sent to patients who have a delinquent balance.

DELINQUENT ACCOUNTS: Sending repeated statements is extremely expensive. Delay of payment puts us in an awkward position to remind you of your obligation. Repeated billing consumes time that can otherwise be spent on proper medical care. If there is a financial problem, it is best to

discuss it with the front office manager so that some arrangement can be made which is comfortable for everyone.

Problems arise when people just do not respond. In these situations, to avoid overload on our staff, we have no other choice but to send delinquent accounts to an outside collection agency. Frank communication can avoid a breakdown in relationship. Having to turn a delinquent account over to an outside collection agency helps no one but that collection agency.

COPAYMENTS: Most insurance companies require you to pay a small co-payment each time services are rendered. This payment should be paid in cash. Please request a receipt.

REFUNDS: Occasionally, there may turn out to be a credit balance on your account. It will be refunded to you as soon as we identify it. It may also be applied to your account.

PATIENT EDUCATION: Patient education is important. We have plenty of resource materials available. Please ask if you have any specific interests. Mutual education is an ongoing process, both you and we benefit from it. If you come across some unusual information or see an article, or news item, please send it to us. We also have a web site with useful information.

COMMUNITY EDUCATION: Speakers are available to speak at schools and other community functions. Current educational material and resource material will be provided.

PRESCRIPTION REFILLS: Routine refills can be called to your pharmacist during office hours. If it is safe for you to use these medicines over a long period of time between check ups, refills will be available. If not, we will not authorize a refill without seeing you first. Circumstances and needs change and some medicines may interact with other medicines which may have been prescribed to you by our other physicians. *If your insurance plan does not cover certain medicines, please do not fill the prescription. Call our office for an appropriate substitute to save you money.*

MEDICAL RECORDS: **Your records are confidential.** No information is released without your permission. A written request is required if you need to transfer your records to another physician. Please give us a few days notice to prepare your records for transfer.

If you move out of town, we will be happy to give you names of trained allergists in your new area. Allergy injection extracts can be sent to the new physician to avoid interruption in your treatment program, duplication of test, or duplication of costs.

COMPANY RECOGNIZED HOLIDAYS: It is the policy of Allergy Associates & Asthma, Ltd. to recognize certain paid holidays during the year. Allergy Associates & Asthma, Ltd. recognizes the following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. Should the holiday fall during the workweek, the offices will close at 4:00 p.m. the day prior to the holiday.

CONCERNS OR SUGGESTIONS: Your concerns or suggestions are always welcome. They are taken seriously. We wish to make your visit to our office as comfortable as possible. Our success in your management of care depends on you.

PLEASE ADVISE US: Advise us if there are any changes in your medical history, medicines you are taking, insurance coverage, address change, phone number etc., at your first possible convenience.

SURESH C. ANAND, M.D. M.S. in MED, F.A.C.P., F.C.C.P., F.A.C.A.A.I., F.A.A.A.A.I.
CURRICULUM VITAE

Qualifications:

Diplomate, American Board of Allergy and Immunology
(A conjoint Board of the American Board of Internal Medicine and the American Board of Pediatrics)

University of Colorado, 1957-1962
Masters in Science (Medicine), 1962
Clinical Instructor in Medicine

National Jewish Hospital at Denver, Colorado, 1957-1962
Fellow in Pulmonary Diseases, 1957-1958
Resident in Chest Disease, 1958-1959
Chief Resident, Department of Allergy and Asthma 1960-1962
Research Associate, Department of Allergy and Immunology, 1966-1969

New Mount Sinai Hospital, Toronto, Canada
Rotating Internship, 1962-1963
Resident in Internal Medicine, 1963-1964
Chief Resident in Internal Medicine, 1964-1965

University of Toronto, Canada, 1963-1965
Demonstrator in Clinical Technique
Fellow in Medicine

Fort Logan Mental Health Center, Denver, Colorado
Medical Specialist, Crisis Unit, 1967-1969 (Part time)

Fellow:

American College of Physicians
American College of Chest Physicians (Critical Care Committee–past)
American Academy of Allergy and Immunology (Public Education Committee)
American College of Allergy and Immunology (Past–Public Education, International and Public Relations Committees)
American Association of Certified Allergists

Membership in Organizations:

Maricopa County Medical Society (Delegate to ARMA; Board of Director–past, Executive Committee–past, Chairman Membership Committee–past)
Greater Phoenix Allergy and Asthma Society (Past-President)
American College of Allergy, Asthma, and Immunology, Asthma Screening Coordinator Greater Phoenix Area
American Federation of Clinical Research (Past)
Arizona Medical Association, (Central District Director, 2006-2009, 2009-2012)
Arizona Medical Association (Past-Chairman, Scientific Assembly Committee)

Arizona Association of Physicians of Indian Origin
Arizona State Physicians Association
Arizona Thoracic Society
Arizona Allergy and Asthma Society (Past Vice-President and President)
Association for the Care of Asthma
European Academy of Allergy, Asthma and Immunology
International Association of Asthmology
International Association of Allergology and Clinical Immunology
New York Academy of Sciences (Past)
Scottsdalians Toastmaster
Western Society of Allergy, Asthma, & Immunology

Hospitals:

Saint Joseph's (Past), John C. Lincoln, Humana, Phoenix Memorial (Medical Department Committee), (Past), Scottsdale Memorial, (Teaching Staff, Family Practice Residency Program, Medical Education Planning Sub-Committee), Desert Samaritan, Mesa Lutheran, Saint Lukes (Past), Tempe Saint Lukes (Past), Phoenix Children's, Chandler Regional, Valley Lutheran (Past).

Others:

Member, Camelback Hospital Citizens' Advisory Board (Past)
NJH Federal Credit Union (Past President)
Marquis, Who Is Who In The West
WHO Is Who In America
WHO Is Who In Science and Engineering
WHO Is Who In Medicine and Healthcare
World Medical Association
Physicians Recognition Award, American Medical Association, Multiple years
Clinical Associate Professor, Arizona College of Osteopathic Medicine, Midwest University
Arizona State University, Sports Advisory Team
Maricopa County Medical Society, President elect, 2002.
Maricopa County Medical Society, President, 2003.
Editor in Chief, MCMS, Round Up Magazine, 2003.
Patient's Choice Award, 2008-2011



Phoenix Magazine, "Top Doc", Past 10 years plus and counting-.



America's Most Compassionate Doctor Award, 2011, 2012



Best Doctors in America, 2011-2012
Allergy Associates & Asthma Ltd. (1969 to Present)

MIRIAM K. ANAND, M.D., F.A.C.A.A.I., F.A.A.A.I.
CURRICULUM VITAE

1006 E. Guadalupe Road
Tempe, AZ 85283

Phone: 480-838-4296
Fax: 480-820-1275

Postgraduate Education/Certification:

National Jewish Medical Center, Denver, CO. 2001-2003
Allergy/Immunology Fellowship
Mayo Graduate School of Medicine, Scottsdale, AZ 1998-2001
Internal Medicine Residency
Diplomate, American Board of Internal Medicine, Expires 2022
Diplomate, American Board of Allergy and Immunology, Expires 2023

Education:

George Washington School of Medicine, D.C., August 1994-May 1998
University of Heidelberg, Heidelberg, Germany, 1994
Completed medically related courses.
Arizona State University, Tempe, AZ 1991-1993
Completed medical education prerequisites.
Grand Canyon University, Phoenix, AZ 1990-1991
Began medical education prerequisites.
University of Regensburg, Regensburg, Germany 1989-1990
Study abroad program.
University of Colorado, Boulder, CO, 1990
B.A., Psychology and German.

Related Experience/Employment:

Allergy Associates and Asthma, Ltd., Private Practice, August 2003-to date, President
Clinical Associate Professor, Arizona College of Osteopathic Medicine, Midwestern University
Clinical Assistant Professor, Dept. of Internal Medicine, University of Arizona, College of Medicine -
Phoenix

Publications:

Anand, M.K. and Routes, J.M. Immediate Hypersensitivity Reactions, Emedicine Online Textbook, 2002
(last updated 2012). (<http://emedicine.medscape.com/article/136217-overview>)
Nanda, A., O'Connor, M., Anand, M., et al. Dose Dependence and Time Course of the Immunologic
Response to Administration of Standardized Cat Allergen Extract. Journal
of Allergy and Clinical Immunology, 2004 Dec; 114(6): 1339-44
Anand, M.K., Nelson, H.S., Dreskin, S.C.: A Possible Role for COX-2 Inhibitors in the Treatment of
Chronic Urticaria, Letter to the Editor, Journal of Allergy & Clinical Immunology, 2003 May; 111(5): 1133-
6.
Anand, M.K., Mishark, K.J., and Ngueyen, C.: Chapter on Dubin Johnson Syndrome, Emedicine Online
Textbook (Emedicine.com), 2001.

Teaching/Lectures/Presentations:

Preceptor: Midwestern University students, University of Arizona students, Scottsdale Healthcare Family
Practice residency, University of Phoenix Nurse Practitioner program, A.T. Still University students

Lectures:

Trends, Truths and Travesties: The real scoop on food allergies and intolerances, International Association
of Eating Disorder Professionals March 2015, West Coast Symposium on Addictive Disorders May 2015,
Cape Cod Symposium on Addictive Disorders September 2015

Primary Immunodeficiency to Midwestern Residents, Annually 2012-2015
Drug Allergy to Midwestern Residents, Annually 2012 - 2015
Allergic Skin Diseases to Midwestern Residents, Annually 2012- 2015
Food Allergies/Anaphylaxis to Midwestern Residents, Annually 2012- 2015
Asthma to Midwestern Residents, Annually 2012 - 2015
Allergic Rhinitis to Midwestern Residents, Annually 2012 - 2015
Overview of Allergy/Immunology lecture to MS III students at Midwestern University, March 2011,
January 2013
Asthma lecture for patient education program, Scottsdale Healthcare Patient Education, 2007
Asthma lecture at Arizona State University Nurse Practitioner training program, 2005
Asthma lecture at Mayo Graduate School of Medicine Internal Medicine (noon conference), December 18,
2004

Presentations:

Anand, M.K., and Douglas, D.D.: A Case of Dubin Johnson Syndrome Mistaken for Acalculous Cholecystitis. Poster presentation at Arizona Chapter ACP-ASIM Annual Meeting, Tucson, Arizona, December 1999.

Just Move! Exercising for a Healthier Lifestyle. Presented at the Mayo Clinic "For Your Health" seminar for patient education. February 1999.

Anand, M.K., Burke, R., and Mishark, K.J.: Recurrent Transitional Cell Carcinoma of the Bladder Presenting as GI Obstruction: An Uncommon Presentation. Poster presentation at Arizona Chapter of ACP-ASIM Annual Meeting, Phoenix, Arizona, November 1998.

Licenses:

Medical License, Arizona

Membership/Participation in Organizations:

American Academy of Allergy, Asthma & Immunology, Fellow

American College of Allergy, Asthma, & Immunology, Fellow

American College of Physicians, Fellow

American Medical Association

Arizona Allergy and Asthma Society

Secretary/Treasurer 2007

Vice-President 2008

President 2009

Immediate Past President 2010

Arizona Association of Physicians of Indian Origin

Arizona Medical Association

At large member, Executive Board, 2015

Maricopa County Director 2010-2013, 2013-2015

Legislative committee, 2010 – present

Nominating committee, 2013, 2014, 2015

Western Society of Allergy, Asthma, & Immunology

Maricopa County Medical Society

Secretary 2005-2008

Vice President 2009-2012

President-Elect 2013

President-2014

Immediate Past President, 2015

Mentorship committee chair, 2012, 2013

Governance committee chair, 2015

Hospitals:

Banner Desert Medical Center
Chandler Regional Hospital
Scottsdale Healthcare-Osborn

Honors/Awards

Super Doctors ® List, AZ Magazine, Phoenix, 2012-2014
America's Top Physicians, 2013
Marquis Who's Who in Medicine and Healthcare 2011 - 2015
Patient's Choice Award 2008-2012



Phoenix Magazine, "Top Doc", 2010.



Other:

Coordinator, Phoenix area Asthma Screening Program, 2007-2012
Sponsor, Asthma Walk, American Lung Association of Arizona, 2008, 2009, 2011
Volunteer Physician, Head Start Health Fair, 2003 – 2010
Transition Health Subcommittee, Governor Douglas Ducey, 2014-15

VEENA KRAUSE, F.N.P.
CURRICULUM VITAE

1006 E. Guadalupe Road
Tempe, AZ 85283

Phone: 480-838-4296
Fax: 480-820-1275

EDUCATION

- * **ARIZONA STATE UNIVERSITY Tempe, AZ**
Masters of Science in Nursing, Family Nurse Practitioner, May 1997
- * **ARIZONA STATE UNIVERSITY Tempe, AZ**
Bachelor of Science in Nursing, Registered Nurse, May 1986

CINICAL EXPERIENCE

- * **ALLERGY ASSOCIATES & ASTHMA, LTD. Tempe, AZ, - (June 2013 – Present)**
- * **INTEGRATED MEDICAL SERVICES. AZ (August 2012 – 2014)**
(Allergy/Immunology)
- * **HOSPICE OF THE VALLEY. Phoenix, AZ (March 2011- March 2015)**
- * **RADIOLOGY CONSULTANTS. Phoenix, AZ (March 2007 – September 2012)**
- * **ALLERGY & ASTHMA CLINIC. Chandler, AZ (October 2008 – August 2010)**
- * **MESA-TEMPE ALLERGY & ASTHMA CLINIC, P.C. Gilbert, AZ**
(June 2000 – August 2007)
- * **ADULT & PEDIATRIC ALLERGY. Phoenix, AZ (October 2002 – June 2013)**
- * **MINOR MEDICAL CARE CLINIC. Tempe, AZ (April 2000 – October 2001)**
- * **ALLERGY ASSOCIATES & LAB, LTD. Tempe, AZ (October 1999 – June 2000)**
- * **TEMPE PRIMARY CARE ASSOCIATES, P.C. Tempe, AZ (June 1997 – October 1999)**
- * **TEMPE ST. LUKE’S HOSPITAL. Tempe, AZ (January 1987 - May 1997)**
- * **ST. LUKE’S MEDICAL CENTER. Phoenix, AZ (May1986 – January 1987)**
Registered Nurse (Orthopedic)

TERA CRISALIDA, P.A.-C., M.P.A.S., C.R.C.
CURRICULUM VITAE

Qualifications:

- 30 years of clinical medicine experience as a certified Physician Assistant
- 6 years of experience as a Sub-Investigator in clinical research trials
- 8 years of experience as a clinical research coordinator. Certified April 2003
- Specialist in Asthma and Allergy Care

Employment History:

Date	Area of Medicine	Institution and Location	Responsibilities
03/2008-present	Asthma and Allergy	Allergy Associates & Asthma, Ltd. Tempe, Arizona	Clinical Medicine Physician Assistant
09/2007 – 04/2008	Consultant	Independent research consultant; Speaker’s Bureau – Glaxo Welcome; Adjunct Faculty, Southwest College of Naturopathic Medicine	Design and run clinical trials on alternative medical products; lecture on areas of expertise
01/2005 – 09/2007	Family Medicine with specialty care in Asthma and Allergy	Teton Valley Medical Clinic Driggs, ID	Clinical Medicine Physician Assistant
03/1998-09/2003	Asthma and Allergy	The Institute for Asthma and Allergy Wheaton, MD	Clinical Medicine Physician Assistant Sub-Investigator Clinical research coordinator
06/1993-02/1998	Internal Medicine	Kaiser Permanente Latham, NY	Clinical Medicine Physician Assistant
03/1991-06/1993	Obstetrics and Gynecology	Edward J. Jacobs, M.D. Albany, NY	Clinical Medicine Physician Assistant
01/1989-03/1991	Family Medicine	Family Medical Group Rensselaer, NY	Clinical Medicine Physician Assistant
06/1984-01/1989	Internal Medicine	Kaiser Permanente Latham, NY	Clinical Medicine Physician Assistant
06/1983-06/1984	Family Medicine	Hugo R. Gonzalez, M.D. Houston, TX	Clinical Medicine Physician Assistant

Education:

Year	Institution	Degree/Main Studies
08/2001-08/2002	University of Nebraska Medical Center, Omaha Nebraska	MPAS – Masters in Physician Assistant Studies in Asthma and Allergy
11/2005-11/6/1999	CRST: Clinical Research Site Training, Arlington, VA	How to coordinate Clinical Trials
01/1999-06/1999	National Institutes of Health, Bethesda, MD	Immunology 504 (Board Review Course)
06/1981-06/1983	Baylor College of Medicine, Houston, TX	Bachelors of Science/Physician Assistant Certificate
09/1979-05/1981	Arapahoe Community College, Littleton, CO	Associates Degree
10/1978-05/1979	Colorado College of Medical Assistants, Denver, CO	Medical Assisting Certificate
09/1977-05/1978	Eastern Oregon State College, La Grande, OR	Biological Sciences
09/1975-05/1977	University of Wyoming, Laramie, WY	Engineering Sciences

Publications:

- Crisalida T et al. *A Preliminary Clinical Trial to Quantify the Efficacy of a Specific Energetic Medical Device*. In press.
- Crisalida T., Ortiz G. Bowersett J., et al. *Handbook of Allergic Disorders*. Lipincott Williams and Williams, March 2003
- Crisalida T, Kaliner MA, White MV, Economides A, , Hale M, Liao Y, Christian CD, Georges GC, Woodworth TH, Meeves SG. *Relative potency of fexofenadine HCL 180 mg, loaratidine 10 mg, and placebo using a skin test model of wheal-and-flare suppression*. Ann Asthma Allergy Immunol. 90:629-34, 2003
- Crisalida T., White M., Kaliner M. *Patients with moderate to severe asthma receiving long-term Flovent (Flo) have lower morning plasma cortisol than patients receiving Azmacort (Az) or Aerobid (Aer) in an allergy clinical practice*. Annals Allergy Asthma Immunology 88: 133, 2002
- Crisalida T. *The Link Between Rhinitis and Asthma*. JAPA CME Series. November 2002
- Crisalida T. *Current Approaches to Allergic Rhinitis and Sinusitis*. JAPA CME Series. March 2002
- Crisalida T., Kaliner M., Turkeltaub M. *Allergy and Asthma Treatment – A Pocket Guide*. Adelphi Publishing. Jan 2002
- Crisalida T. *Asthma May be Quietly Lurking*. Advance for Physician Assistants. November 2001
- Crisalida T. *Lyme Disease – an Overview*. JAPA. June 1991
- Crisalida T. *Mycoplasma and Infertility*. Physician Assistant. July 1987

Selected Lectures and Activities

- *Allergic Rhinitis: A Clinical Practice Update*, CAPA, Santa Barbara, CA, September 2007
- *Allergic Rhinitis: A Clinical practice Update*, OAPA, Newport Oregon, October 2007
- *Attaining the Inside Track on Asthma Control* MAPA, Cape Cod MA, October 2006
- *Attaining the Inside Track on Asthma Control*, MAPA. Ocean City, MD, October, 2006
- *Managing Asthma Variability*. WVAPA. Weston, WV, May 2004
- *Managing Asthma Variability*. NYSSPA. Islip, NY, April 2004
- *Allergic Rhinitis*. GAPA. Jeckyll Island Georgia, July 2003
- *Urticaria: A Guide to Management that Just Doesn't Scratch the Surface*. MAPA. Brainerd, MN, October 2002
- *Allergic Rhinitis and Co-Morbidities*. MAPA Brainerd, MN, October 2002
- *Allergic Rhinitis*. AAPA National Convention. Boston, MA, May 2002
- *The Link Between Allergic Rhinitis and Asthma*. AAPA National Convention, May 2002
- *Allergic Rhinitis*. AAPAFP, San Antonio, TX, November 2001
- *Asthma in the New Millennium*. AAPAFP, San Antonio, TX, November 2001
- *Rhinosinusitis*, MAPA. Great Falls, MT, August 2001
- *You Don't Nose What You Don't Nose: Respiratory Pearls for the Physician Assistant*. AAPA National Convention. Anaheim, CA, May 2001.
- *Asthma 2001*. AAPA National Convention. Anaheim, CA, May 2001
- *Allergic Rhinitis*. AAPA National Convention. Anaheim, CA. May 2001
- *Sinusitis*. FAPA. Orlando FL, March 2001
- AAPA Liaison to the National Asthma Education and Prevention program 2006- present
- Speakers Bureau – Glaxo Smith Kline Pharmaceuticals
- Editorial Staff Asthma and Allergy Network Mothers of Asthmatics quarterly magazine

Personal:

- Languages: English (fluent- native language), Portuguese (fluent), Spanish (near fluency), French (conversational), Italian (conversational)



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TELEPHONE (MAIN OFFICE) (480) 838-4296 FAX (480) 820-1275
www.allergyassoc.net

HOW ALLERGY INJECTIONS HAVE HELPED

In an informal survey of our injection patients, 92% of them felt that their injections were helpful. Here's what some of them have to say:

"Since I started getting allergy injections for my asthma and allergies, I no longer need to take all the medications I used to need in order to breathe normally. I no longer fear waking up at night unable to take a breath of air. I also no longer have those awful coughing spells and wheezing that created so many problems for me. The allergy injections have been like a miracle for me. I feel normal again and can function like other people."

"They have reduced congestion, postnasal drip, and asthma flares."

"Allergy injections minimizes allergy like symptoms such as persistent coughing, sneezing, and watery eyes. They also reduce the frequency of my SABA (short acting beta antagonist)."

"Less sneezing and coughing."

"Seems like my symptoms have lessened this year compared to last year (I have been on injections about ten months now). I am taking Zyrtec daily, but no need for Zaditor, and I can be outside without suffering for it later."

"Receiving allergy shots has eliminated the need for allergy pills, which I never liked taking. They have also helped me sleep better at night."

"My experience has been positive. After two years of injections, the allergy symptoms have greatly reduced."

"Compared to how I used to feel before injections, I feel amazing. My immune system is stronger and I don't get sick as much or as frequently as I used to."

"I watch my friends who have colds or flus during peak allergy seasons and know what they are experiencing is probably really allergy related. Once I started doing allergy shots any colds/flus went to zero per year. I can't remember the last time I had a sick day."

"I have a new life! For more than fifty years I suffered year round with allergy symptoms from moderate to severe. In the past ten years I am much improved and rarely experience symptoms. No more runny nose, itchy eyes, congestion, etc. I rarely have sinus infections and overall enjoy a more healthy life."

"The injections have alleviated about eighty percent of my allergy/sinus symptoms. I feel healthier and hardly ever take any drugs over the counter medications for allergies or sinus problems and I haven't missed any work. I used to miss about two days a year because of allergy and sinus issues."

"Since I have been getting allergy shots I have not had to use any over the counter or prescription medications. Prior to injections I had to use two different medications."

"I haven't been as sick as often as I used to be. Every year I would get pneumonia or bronchitis. That is no longer the case."

"Since I've started my injections I've been sick a lot less."

"I have very fewer allergy symptoms since starting the injections just over a year ago. Thank you, thank you, thank you!"

"Allergy injections keep my asthma completely under control. For a three month period I went without them (due to insurance reasons) and my asthma flared back up. I am not as convinced they help my sinus issues, as I still have frequent issues."

"I never thought they really helped until I didn't get my shot one week and started feeling horrible. Now I make sure I never miss them."

"I have been receiving allergy injections for a number of years. Although it hasn't made my allergies completely go away, I think it has lessened the frequency of sinus infections and upper respiratory infections. My asthma has been better controlled and overall the severities of my allergies have decreased."

"I really feel that the injections have improved my health throughout the year. I haven't had any serious problems with my allergies all year so far! I remember countless times feeling horrible because of my allergies in previous years. Throughout this entire school year I haven't missed a single day due to allergy problems. That is a great improvement over the past years. Overall, I feel that these injections have greatly increased my health."

"Lessening of allergy symptoms. At least 75% improvement in the feelings of "un wellness" and fatigue."

"My sinuses and runny nose are much better."

"I get through the fall and spring pretty easily now. No itchy eyes, and very little, sneezing. I can breath. My asthma is much improved since I started the shots."

"I was prone to getting sinus infections because of my allergies. I have not had a sinus infection for three plus years. I used to get them two to four times every winter – so yes, for me, the injections have helped."

"My allergies seasons are a lot shorter now. They do not last as many days as they used to either. Very mild now."

"I used to have sinus infections, ear infections, strep throat, etc. way to much. Since starting allergy shots I can honestly say I have none of those. I have been getting allergy shots for almost six years. I am very happy with the results."

"Weekly injections help me manage my asthma. Without them I would need to use inhalers every day. In addition allergy symptoms (sneezing, itchy eyes, etc.) are minimal when I get regular allergy injections."

"Before starting allergy shots I was getting sinus or ear infections four or five times a year and cold like symptoms on top of the infections six or seven times a year. I felt as if I was always sick. I am now on maintenance doses with my shots and if I feel cold like symptoms one or more times a year - it is a bad year. My health has greatly improved."

"I think they have helped a lot."

"If I exceed three weeks between injections, my eyes become watery and itchy and my nose becomes stuffy, and I sneeze a lot. I can definitely tell that I am benefiting from these injections."

"My allergy symptoms have declined since I have been getting allergy injections. Susan and others who have administered the allergy shots have been very professional."

"Every time I try to go off the shots, within months all the problems return. So, if I need shots at eighty, just wheel me in!"

"Since starting my injections my health has improved greatly. I can enjoy the outdoors without as many issues related to my allergies. Well worth doing!"

"I get relief from allergy symptoms. I no longer have to take over the counter medications."

