

BACK-TO-SCHOOL ASTHMA AND ANAPHYLAXIS BASICS

School children with asthma and food and venom allergy face uncertainty and challenges not experienced by most classmates. The average classroom, lunch room, playground, class party and athletic field is teeming with allergens capable of provoking asthma or allergy symptoms that students with these conditions must prevent and treat with vigilance and balance.

“We encourage all parents to make sure their child’s emergency care plans are completed on time and accurately,” says **Dr. Sami Nallamshetty and Dr. Daniel Reichmuth of Florida Medical Clinic**. “They should be given to school nurses or administrators before the school year begins.”

Back-to-school ABCs

- **Anaphylaxis or Asthma Action Plan:** Spells out what symptoms to watch for, how to treat them and when to call for help. Make copies for school and backpack.
- **Backpack medications include a bronchodilator (albuterol or levalbuterol) inhaler for asthma and two epinephrine auto-injectors for anaphylaxis:** Up-to-date supplies of these life-saving medications for backpack and school clinic.
- **Completed and signed school health forms:** Include emergency contact info and permission to carry and self-administer asthma or anaphylaxis medication. Epinephrine, not antihistamines, is always the first line of treatment for anaphylaxis.



Dr. Sami Nallamshetty is a graduate of Harvard Medical School in Boston where she completed a combined pediatric and adult allergy & immunology fellowship program at Brigham and Women’s and Boston Children’s Hospitals. She is double board certified in pediatric and adult allergy and immunology through the American Boards of Allergy and Immunology and Internal Medicine. She has been distinguished as a Fellow of the American College of Allergy, Asthma, and Immunology. Dr. Nallamshetty has published her research in top scientific journals and has been awarded several research grants.

Dr. Nallamshetty specializes in managing conditions such as seasonal allergies, food allergies, asthma, eczema, sinus disease, and immunologic disorders. She is actively involved in our local community and is the Anaphylaxis Community Expert physician for the Allergy & Asthma Network/Mothers of Asthmatics. She works closely with families to help them better understand and prevent anaphylaxis and other allergic disorders.

Dr. Sami Nallamshetty is currently accepting new pediatric and adult patients at both her Wesley Chapel and Carrollwood practice locations. She looks forward to helping you and your family manage your allergies and improve your quality of life.

Dr. Nallamshetty can be reached at 813-388-6855.



Dr. Daniel Reichmuth is a graduate of Indiana Medical School and at the University of South Florida. He completed his residency in internal medicine (and served as Chief Resident) and fellowships in both allergy and clinical immunology and clinical laboratory immunology. Dr. Reichmuth is dual board certified through the American Board of Allergy and Immunology (www.abai.org) and the American Board of Internal Medicine (www.abim.org). Dr. Reichmuth stays current in both of these boards (Allergy and Clinical Immunology and Internal Medicine) through Maintenance of Certification (MOC). The American Board of Allergy and Clinical Immunology is a conjoint board of The American Board of Pediatrics and the American Board of Internal Medicine. Dr. Reichmuth has also been selected by his peers in the Best Doctors in America[®] Database on numerous occasions. He is currently accepting new pediatric and adult patients at both his Wesley Chapel and Zephyrhills practice locations.

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