

Who's who

Meet

Dr. Daniel Reichmuth



After graduating with distinction from Purdue University, Dr. Reichmuth attended Indiana School of Medicine. His internship and residency in Internal Medicine was at the University of South Florida, as was his fellowships in Allergy & Clinical Immunology and Clinical Laboratory Immunology. Dr. Reichmuth is board certified from the American Board of Allergy and Immunology and The American Board of Internal Medicine. He is on staff at Florida Hospital Wesley Chapel and Zephyrhills, and Pasco Regional Medical Center in Dade City. He lives in New Tampa with his wife, Gina, and their three children, ages 9, 7 and 3.

Allergy season starts early, but there's no need to suffer

It's the middle of March and the height of allergy season, which makes the office of Drs. Sami Nallamshetty and Daniel Reichmuth busier than ever.

The two specialists head up Florida Medical Clinic's Department of Allergy, Asthma and Clinical Immunology. This year their practice started seeing patients with spring allergies in mid January, much earlier than normal, because of a mild winter with no hard freezes.

"That means trees started pollinating months early and pollen counts are way up," said Dr. Nallamshetty.

Dr. Nallamshetty has been practicing her medical specialty since 2008 when she completed her allergy and immunology fellowship at Harvard Medical School. Working alongside her is Dr. Daniel Reichmuth, who started the allergy and asthma program at Florida Medical Clinic eight years ago. He completed his residency and fellowship in allergy and clinical immunology from the University of South Florida in 2002.

The doctors find that pollen and other factors affecting allergies are generally worse every year due to increased carbon dioxide and climate change that result in warmer weather and rising pollen counts.

"While there are more triggers than ever, there is no reason to suffer from allergies," said Dr. Nallamshetty. "We have new medications available that are very effective in treating allergy symptoms and which make a significant difference in a patient's quality of life."

About half the patients seen by Dr. Nallamshetty and Dr. Reichmuth are children, many are impacted by allergies in ways their parents and teachers never realize.

"Children with allergies often have trouble concentrating and don't do well in school," said Dr. Reichmuth.

"Research shows that children with allergies often have trouble sleeping and have an impaired ability to learn new facts," said Dr. Reichmuth. "Allergies also have been associated with shyness, depression and anxiety."

Physically, children with allergies have more ear

and sinus infections as well as nasal congestion that can result in significant mouth breathing, which can alter normal facial development in very young children.

Both Dr. Reichmuth and Dr. Nallamshetty suffered from allergies when they were children, which led them to choose their specialty when they became physicians.

"When I was a boy there were many days I could not go out for recess because of my allergies," said Dr. Reichmuth. "I have a lot of empathy for patients, especially kids, and understand how allergies impact your life."

Allergies typically manifest themselves in three ways: nasal congestion, asthma and eczema — a skin rash that is especially prevalent in children with food allergies.

"Eczema is very common in kids and can impact the entire family," said Dr. Nallamshetty. "It causes severe skin rashes that children scratch to the point of bleeding. The scratching often keeps kids and their parents up all night."

Allergies are most commonly caused by pollen, dust mites, pet dander and certain foods, in particular dairy, eggs, soy, wheat, nuts and shellfish.

"Being an allergy doctor is akin to being a detective," said Dr. Nallamshetty. "We need to first determine what is causing the allergies before we can develop a treatment plan."

"We spend a lot of time with our patients during the initial visit to get the diagnoses right from the very beginning," said Dr. Reichmuth. "Many patients have seen multiple doctors and are frustrated because they do not know what is wrong."

After their diagnoses, many patients are treated with immunotherapy, an FDA-approved treatment for allergies, which exposes a patient to their allergens over several months with a series of weekly and monthly shots.

"Immunotherapy has been used for over 100 years and is the gold standard treatment," said Dr. Reichmuth. "We have great success with this therapy and it's covered by most insurance plans."



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Dr. Sami Nallamshetty



After receiving her undergraduate degree from the Pennsylvania State University, Dr. Nallamshetty attended Jefferson Medical School in Philadelphia and completed her residency in internal medicine from NYU School of Medicine. Her fellowship in Allergy and Clinical Immunology was completed at Brigham & Women's Hospital at Harvard Medical School. Dr. Nallamshetty is on staff at Florida Hospital Wesley Chapel and Zephyrhills, and lives in South Tampa with her physician husband, Krishna, and two sons ages 5 and 2.



Accepting New Patients

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