



# sneezes & wheezes

FALL 2011

## Introducing “Centers for Advanced Sinus & Facial Plastic Surgery!”

As we continue the tradition of providing our patients with the highest quality of care in all aspects of asthma, allergy and sinus disease, we are proud to announce our new division, Allergy & Asthma Associates: Centers for Advanced Sinus and Facial Plastic Surgery. Our board certified otolaryngologists (ENT’s) are highly skilled surgeons who have joined our team during the past year. These surgeons specialize in nasal and sinus reconstruction, facial plastic surgery as well as general ENT procedures. We are pleased to offer their services and care to all of our patients; especially those who continue to be challenged with severe sinus disease despite previous sinus surgery.

We now have appointments available with the otolaryngologists at the following clinics:

- 249/Louetta
- Baytown
- Cy-Fair
- Huntsville
- Kingwood
- Memorial/ Town & Country
- Pearland
- Sugar Land/ Grand Parkway
- Texas Medical Center
- The Woodlands/ Sterling Ridge
- The Woodlands/ Town Center

Visit our website for more information regarding services provided by Allergy & Asthma Associates: Centers for Advanced Sinus and Facial Plastic Surgery and for office contact information if you would like to schedule an appointment.

<http://www.texallergy.com/ear-nose-throat-services.php>

### WHAT’S INSIDE

Centers for Advanced Sinus & Facial Plastic Surgery

Back to School Allergies

Fall Allergies

Location Updates

New Providers



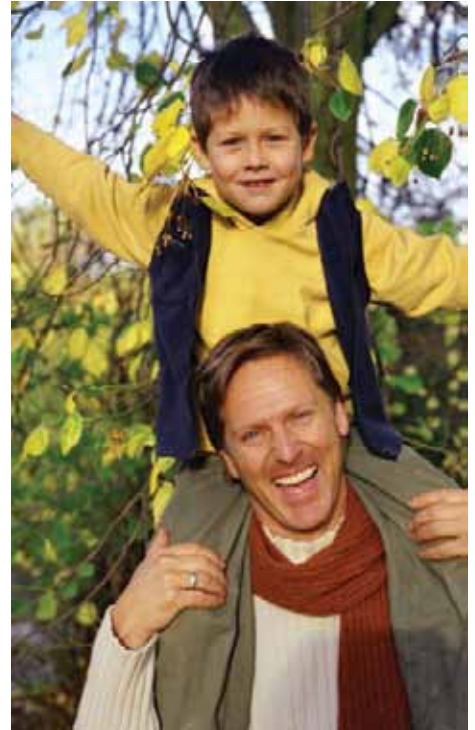
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[www.texallergy.com](http://www.texallergy.com)

# News to Know...

## Back to School with Asthma and Allergies

Back-to school season can be a fun and exciting time for children and parents. However, it is also an important time to remember that children with asthma and allergies face challenges in the classroom. These challenges can range from discomfort that makes it hard to concentrate on school work, to symptoms that reduce a child's ability to participate in recess or physical education class, to life-threatening reactions from food allergies or insect stings. For more information on this topic visit <http://www.aaaai.org/conditions-and-treatments/library/asthma-library/back-to-school-with-allergies-and-asthma.aspx>



## Stay Healthy This Year... Don't Forget Your Flu Shot!

Yearly flu shots are recommended for those with asthma or other chronic diseases, adults over the age of 50, children 6 months to five years of age, those with serious long-term health problems, weakened immune systems, women who will be pregnant during flu season and anyone wanting to reduce their chance of catching the flu. Family members should also be vaccinated. Please contact our office to receive more information regarding the availability of the 2011-2012 vaccine in our clinics. Cost of the vaccine will be \$30.00.

Visit the Centers for Disease Control website for more information at <http://www.cdc.gov/flu/about/season/>

## LOCATION UPDATE

**The Woodlands/ Sterling Ridge** will be moving to the intersection of Kuykendahl and Flintridge December 2011.

# Welcome New Providers!

## Karen Bednarski, MD



Dr. Karen Bednarski joined Allergy & Asthma Associates in August 2011. She is a diplomate of the American Board of Otolaryngology. Dr. Bednarski received her medical degree from the University of Iowa Carver College of Medicine, where she graduated with distinction in medical research. She then completed her residency in Otolaryngology/Head and Neck Surgery at the University of North Carolina at Chapel Hill. She developed a specific interest in the diagnosis and treatment of sinus disease and attended the prestigious Georgia Nasal and Sinus

Institute in Savannah, Georgia where she completed a fellowship in Rhinology and Anterior Skull Base Surgery.

Although Dr. Bednarski manages general ENT problems, she has a specific interest in the treatment of chronic sinusitis and allergic fungal sinusitis. She also has specific expertise in surgical approaches to the frontal sinus.

Throughout her career Dr. Bednarski has participated in multiple medical missions and she enjoys spending time with her family, cooking and running.

**Accepting patients at the Texas Medical Center and Pearland locations.**

## Kimberly Pengra, PA-C

Mrs. Kimberly Pengra PA-C joined Allergy & Asthma Associates in July 2011. She is a native to the Houston area, growing up in north Houston. She earned a Bachelor of Science from The University of Houston and completed her Masters of Physician Assistant Studies at The University of Texas Health Science Center in San Antonio. She comes to our practice from Methodist Hospital Center for Orthopedic Surgery. While in PA school she spent time in practice with Allergy and Asthma, Family Medicine, and Pediatric Emergency Medicine. Kimberly is married



and resides in the Houston Heights. She has been a patient of Allergy & Asthma Associates for over 15 years so her personal experience with asthma and allergies, immunotherapy and other available treatments helps her to relate and sympathize with allergy sufferers in Houston. Her practice philosophy reflects evidence based medicine tailored to individual patient needs, encouraging communication and teamwork to find treatment solutions that give patients the freedom to live and breathe well. Kimberly enjoys traveling, reading and spending time with friends.

**Accepting patients at the Katy and Sugar Land locations.**

## 2012 Scholarship Opportunity

It is that time of year again...time to start applying for HAAA's 2012 Scholarship.

Up to **four** applicants will be awarded a **\$2,000 scholarship** to the college of their choice.

Check out [www.texallergy.com](http://www.texallergy.com) for more information on applications and eligibility