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## • RESPIRATORY ALLERGIES AND BRONCHOSPASM.

The main treatment of allergic rhinitis "hay fever", sinusitis, "wheezing" or bronchospasm and other respiratory allergies is **prevention**, by keeping an allergen-free environment. Following this list may prove helpful for your children:

- 1) Avoid cigarette exposure. Smoking is strictly prohibited.
- 2) Eliminate house pets, especially feathered animals.
- 3) Do not place natural flowers at home, especially in the child's bedroom.
- 4) Avoid environmental irritant inhalants, such as insecticides, fresh paint, perfumed scents, spray deodorants, hair sprays, automobile fumes, etc...
- 5) Avoid several well - known allergenic foods, for instance nuts, chocolate, peanuts and peanut butter, citrus juices and fruits, artificial juices, sodas, fish and shellfish, egg white, honey, wheat bread or cereal, whole milk.
- 6) Bed linen: use only cotton linen. Plastic covers for the mattress or use foam mattress. Do daily bed linen change. No feathered pillows. No wool linen.
- 7) Get rid of house dust, especially the child's bedroom with:
  - a) Daily sweeping and vacuum cleaning.
  - b) DO NOT dust with anything that does not eliminate dust.
  - c) Eliminate all objects that gather dust, such as fabric furniture, fabric drapes, rugs and carpeting, stuffed animals.
- 8) During pollen season, minimize outdoor activities.
- 9) Minimize contact with children sick with common cold, flu, etc...

**" AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE "**