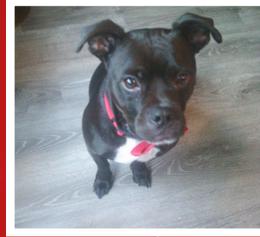


HAPPY HOLIDAYS

Our team at Oregon Allergy Associates recently celebrated the holidays with our annual staff party! This was a great time for our team to come together and reflect on all the successes we have had this year while enjoying some amazing food and participating in some reindeer games! We are so appreciative of all of our patients for making this such a wonderful year! As 2025 comes to close, we wish you a safe and happy holidays and can't wait to see everyone in the new year!





Tired of Allergies? We can help you find relief!



Sublingual Immunotherapy (SLIT) for Grass Allergy: Grastek

If you suffer from seasonal grass pollen allergies, **Sublingual Immunotherapy (SLIT)** may be a convenient and effective treatment option. At Oregon Allergy Associates, we offer SLIT using **Grastek®**, an FDA-approved tablet that treats grass pollen allergy by helping retrain your immune system.

What is SLIT?

SLIT is a form of allergy immunotherapy taken once daily at home by placing a tablet under the tongue. Over time, it can reduce allergy symptoms and decrease the need for other allergy medications.

What is Grastek?

Grastek® treats allergies caused by Timothy grass pollen, which cross-reacts with many common grasses in Oregon. It is approved for ages 5-65 with grass allergy symptoms.



2026 Treatment Window

Grastek is seasonal therapy and **must be started BEFORE grass pollen season.**

For the 2026 grass season in Oregon:

Start window: February 1 – March 1, 2026

- Must begin **at least 12 weeks before** grass season, which typically starts in **early May**
- Taken **daily throughout grass season** (approximately May–July)
- **Prior authorization** and **medication delivery** must be completed before starting

Because of this limited window, starting early is essential. **Appointments should be scheduled now into February.** Patients who miss this timeframe may need to wait until the following year.

Why Choose SLIT?

- ✓ No weekly allergy shots
- ✓ Taken at home after the first supervised dose
- ✓ Proven to reduce symptoms and medication use
- ✓ Provides long-term immune benefit with continued seasonal use

Get Started Today!

- 1 Schedule a consultation with one of our providers
- 2 Our team submits the prior authorization
- 3 Once approved, medication is delivered and treatment begins under provider guidance



NOW ACCEPTING NEW PATIENTS!

Insurances Accepted



Aetna, Cigna, Kaiser, MODA, PacificSource, Providence, Regence BCBS, United Healthcare, and others. Please contact us or your insurance carrier to confirm coverage with any additional plans.

Services, Testing & Procedures Offered

ASTHMA

- Spirometry
- FeNO Testing
- Methacholine Challenge

SKIN ALLERGY CONTACT DERMATITIS

- Patch Testing

VOCAL CORD DYSFUNCTION

- Laryngoscopy
- Inspiratory Flow Loop Testing

ALLERGIC RHINITIS

- Skin Prick Testing
- Allergy Shots
- Sublingual Immunotherapy & Mangement

FOOD ALLERGY

- Skin Testing
- Component Testing
- Oral Immunotherapy

CHRONIC HIVES & ANGIOEDEMA

- Biologic Treatments
- Medication Management

DRUG ALLERGY

- Penicillin Testing
- Oral Challenges
- Graded Drug Challenges

VENOM ALLERGY

- Skin Testing
- Venom Immunotherapy

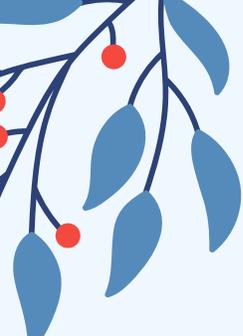
IMMUNODEFICIENCY & CHRONIC SINUSITIS

- Evaluation
- Management of recurrent chronic infections

Why Choose Oregon Allergy Associates?

Oregon Allergy Associates provides comprehensive care for allergy, asthma, and immunology patients, along with related conditions. Our experienced, compassionate providers and staff deliver patient-centered care using state-of-the-art technology.

Our Providers: Jason Friesen MD Melanie Wayne FNP Maxwell Li MD
 Sarah Kehl MD Katheryn Birch DO



SEASONAL TIPS

from your **CARE TEAM**



1 Keep Tabs on Blood Pressure

Cold temperatures can cause blood pressure to rise. If you monitor at home, check regularly and share readings at your next visit.

2 Keep Moving, Even in the Cold

Bundle up and aim for 20–30 minutes of movement most days. Shoveling snow, brisk walking, or winter hiking all count towards keeping your heart and joints healthy.

3 Dietary Adjustments

Comfort foods are often high in carbohydrates. Choose healthier options like soups and stews with lean proteins and plenty of vegetables.

4 Stay Hydrated

It's easy to forget to drink water in winter. Dehydration can affect blood sugar levels, so aim to stay hydrated. Warm water helps hydrate more in the Winter vs Cold

5 Support Your Mood and Sleep

Shorter days can impact energy and mood. Maintain a regular sleep routine, open blinds early for sunlight, and eat foods high in vitamin D (salmon, fortified milk).

6 Stay Up To Date on Vaccines

Get your flu shot and COVID booster. Ask your provider if you're due for pneumonia, shingles, or Tdap (whooping cough) vaccines too.

7 Protect Skin and Hands

Cold air and indoor heat can dry your skin. Moisturize after showering or bathing, use a humidifier if needed, and wear gloves when outdoors to prevent cracking and irritation.

8 Plan Ahead for Winter Travel

Keep an emergency kit in your vehicle (blanket, flashlight, snacks, medications). If you have chronic conditions like diabetes or asthma, carry extras in case of weather delays.

9 Keep Medications Warm

Insulin and other medications can be affected by cold temperatures. Store them at appropriate temperatures and avoid leaving them in cold vehicles.

10 Prevent Slips and Falls

Wear shoes with good traction, use handrails, and keep walkways clear of ice. Falls are one of the most common winter injuries – and often preventable.

