



## PRESIDENT'S MESSAGE

### Social Media and the Allergist

I put off writing this until after the May 21 judgment day prediction had proved a spectacular non-event, and with the weekend playing out utterly unremarkably, I guess I have some catching up to do!

I'm highlighting this odd prediction as a nice illustration of the increasingly prominent roles the internet and social media have taken in our lives. When the same preacher made a similar prediction in 1994, most of us were blissfully unaware. We live in a different era now, when even the most peculiar topics begin to trend and rapidly go viral.

In general, medicine has been a bit slow to embrace this digital age. Electronic medical records, touted for years as the future of clinical practice, have been painfully slow evolving into an efficient, functional option for most specialists. Privacy concerns have led to cumbersome legislation, rendering it difficult if not impossible for many practitioners to optimize their use of computers and digital communications. Even the seemingly simple act of communicating with your patients by email requires hurdling numerous onerous obstacles to ensure security (and don't even think of "friending" your patients on Facebook!).

Many doctors find these developments endlessly one-sided, favoring the patient over the clinician. The internet is replete with misinformation and quackery, with a few excellent pearls amongst the almost impenetrable noise. How much more complicated and time-consuming has this made our job? We also struggle with patient-driven evaluation sites like [www.ratemds.com](http://www.ratemds.com), where a disproportionate number of unhappy or dissatisfied healthcare consumers seemingly go to vent (my advice: stay away if you are a bit thin-skinned, otherwise look for trends concerning your ability to communicate your intended messages).

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## WE WANT TO HEAR FROM YOU!

The CSACI would like to consider a new website project in order to facilitate appropriate referrals to our members and to improve the visibility of our specialty. We would like to establish a public searchable "Find an Allergist" database on our website, optimally including our entire membership.

We are asking for feedback at this early stage. Participation in the proposed database will of course be optional, however we feel this could be a very useful resource.

**Please contact the CSACI Head Office (**BEFORE JULY 15**) with your comments or concerns regarding the possibility of having your business contact information on the public side of the CSACI website (including your name, address and telephone number – no email address).**

**We look forward to hearing from you soon!**

**Dr. Stuart Carr, President, CSACI**

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# CSACI NEWS AND REPORTS

## PRESIDENT'S MESSAGE – continued



In all this, there are some excellent opportunities. A few of our intrepid colleagues from around the globe have excellent allergy-related blogs, and many of them post regularly on Twitter. For our most recent local journal club, I exclusively reviewed articles identified through Twitter over a few short days, mostly from journals I would frankly have not had the time or inclination to dig up on my own. While much of Twitter can still be viewed as inane time-wasting self-promotion, I have found it an excellent tool for keeping up in our rapidly-evolving field. There were at least 5 allergists (including yours truly) live-tweeting highlights from the recent AAAAI meeting in San Francisco, and both the AAAAI and ACAAI routinely tweet updates from their official journals or newsletters. Not as exciting as live-tweeting recent events in Abbottabad (see @ReallyVirtual), but a pretty cool use of technology nonetheless.

Have a look and see what you think. I suggest following: @Allergy, @AllergyNet, @JuanClvanevich, @jacionline, @NIAIDNews, and @ACAAI to start. See who they follow or retweet, and go from there. You can also search for hash-tagged topics like #asthma, #allergy, #foodallergy and #anaphylaxis.

If you're bored, you can always look for @allergydoc4kidz, and if you're really bored, @Zone5GirlsHoops (although @TheDailyShow, @DRUNKHULK, @Nick\_Nolte and @FakeSarahPalin are a lot more fun).

See you there!

A handwritten signature in black ink, appearing to be 'JD' or similar initials, written in a cursive style.

## FELLOWS-IN-TRAINING REPORT (presented at the Mid-Term Meeting)

### Goals for 2011

1. Increase awareness of Clinical Immunology and Allergy as a subspecialty training option for Internal Medicine residents.
2. Consider waiving registration fees for fellows-in-training attending the CSACI annual meeting.

### Explanation of Goals

1. Clinical Immunology and Allergy is still under-recognized as a possible career option among Internal Medicine residents. Often, this is due to lack of exposure during their training. One possibility would be to include a rotation in Clinical Immunology and Allergy as part of Internal Medicine training - this is done at Queen's University and has generated some interest that way. Perhaps academic allergists / immunologists willing to supervise trainees could liaise with the internal medicine program director at their institutions?
2. Different training programs reimburse their trainees to different degrees for the costs incurred while attending conferences. One way to ameliorate the high costs for trainees of attending the CSACI annual meeting would be to waive the registration fees - this is already being done by our American counterparts.

**Dr. Chet Wong,  
FIT Representative**

## ANAPHYLAXIS AND ADVERSE REACTIONS INTEREST SECTION REPORT

### Goals for 2011

1. To formalize the membership of the Anaphylaxis Interest Section and generate an email distribution list to enhance communication amongst members.
2. Liaise with Anaphylaxis Canada engaging as many physician members of the Interest Section as possible.

### Explanation of Goals

1. Communication with Interest Section members was a challenge this year as we do not have a formal registry for members.
2. It remains essential that the messages promoted by Anaphylaxis Canada are grounded in the knowledge base and experiences of clinical Allergists/Immunologists.

### Progress to Date

The Section had its annual meeting in Nov 2010 at the CSACI Annual meeting. This meeting of the group was highlighted by a presentation from Anaphylaxis Canada's Western Representative Laura Bantock and was well attended. Highlights of Ms. Bantock's presentation included updates on the Anaphylaxis Canada National Training Program which provides education and support for patients and their families at risk for anaphylaxis from diagnosis onwards, including various on-line resources, Facilitator-led sessions, and print materials.

Anaphylaxis Canada plans to introduce a "Newly Diagnosed Program" which will target the parents of children with food allergy who have only very recently been diagnosed with life-threatening food allergy.

Most recently they have expanded their Youth Program with their Youth Advisory Panel (YAP), which features a website, Podcasts (Available on iTunes), an E-Magazine consisting of articles written for teens, by teens and new educational videos starring real teens at risk of anaphylaxis.

They have also joined forces with the Alberta government to launch the Canadian Anaphylaxis Readiness Education (C.A.R.E.) web-based training program for schools across the province. The new interactive training program is designed to prepare educators for an anaphylactic reaction in their school and is available to teachers and non-teaching staff (by password only) at LearnAlberta.ca. The C.A.R.E. program was developed by Leap Learning Technologies Inc. and partners Anaphylaxis Canada and the Canadian Society of Allergy and Clinical Immunology, with support from the Government of Alberta and other key stakeholders including McMaster University and AllerGen NCE Inc.

During this meeting, no formal goals/plans were identified for the upcoming year, but, as indicated above, the Chair of the Interest Section would like to better formalize the membership of the committee to enhance communication with members in between annual meetings, and to facilitate input from members with respect to requested topics for presentations at the Annual meeting, and with respect to ongoing issues brought to the attention of the chair (e.g. Air Canada and West Jet travel policies for passengers with allergies).

**Dr. Anne Ellis, Queen's University, Kingston, ON**  
**Section Head**

## ASTHMA REPORT

### Goals for 2011

1. **Reposition CSACI as a partner with the CTS in the generation of asthma guidelines.** *No or very little CSACI presence in recent iterations of Canadian asthma guidelines.*
2. **Form a group within CSACI to elaborate asthma guidelines for children under 6 years of age.** *The most recent CTS guideline excludes children under 6. Unless CSACI resumes an active partnership with CTS, CSACI should produce guidelines for that age group.*
3. **Write and publish a guide for primary care on the management of preschool wheezing.** *In the short term, the section will write a brief article to serve as a guide to primary care practitioners dealing with young children on management of preschool wheezing up to step 2. The focus of the article is to generate a written action plan.*

### Progress to Date

Dr. Noya approached Dr. Ducharme, who is in the CTS asthma guideline committee, to request CSACI reinsertion. She was sympathetic and was going to discuss it with Dr. Lougheed, who chairs the committee. Dr. Carr has written, as president of CSACI, to Dr. Lougheed, eloquently stating our case. In their official response, the CTS insists they desire ongoing collaboration with the CSACI, and intend to again involve our members more actively as their update process moves forward. So far, this has not translated into any formal activity, however the dialogue is ongoing.

Dr. Noya has been in communication with Dr. Kim and Dr. Becker to form an asthma guideline group within the section. A meeting will take place during AAAAI to elaborate a plan of action.

This initiative is to create clear, simple and easy guideline for primary practitioners focusing on first-line controller therapy and effective bronchodilation. Target audiences are family medicine physicians and general pediatricians.

**Presented by Dr. Francisco Noya**  
**Section Head**

**Do you have feedback,  
concerns or suggestions?**

**Share them with the membership!**

Send your comments to the CSACI Via email at:

[csaci@royalcollege.ca](mailto:csaci@royalcollege.ca)

Or by regular mail at:  
774 promenade Echo Drive  
Ottawa, ON K1S 5N8  
Tel/Tél: 613-730-6272

Or by fax at :  
Fax/Télécopieur: 613-730-1116

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## RHINITIS AND SINUSITIS

### Goals for 2011

1. Expand the scope of understanding Chronic Rhinosinusitis
2. Develop a multifaceted approach to CRS, in conjunction with other diseases seen in A/I practice
3. Continue member collaboration regarding the use of nasal saline washes

### Explanation of Goals

1. CRS remains a grossly under diagnosed disease. New developments in understanding its nature need to be further discussed with Section members to keep a balanced perspective on the immune and infectious aspects.
2. CRS occurs in conjunction with other diseases treated by A/I. Discussing possible "out of the box" connections, the physiopathologic and immunologic basis for these considerations may open new venues in clinical research.
3. Saline washes continue to be widely used but are still, the "Cinderella" of therapy in CRS. Until a way to do control studies that will provide reliable evidence is found, it is useful to continue sharing the results of members' experience.

### Progress to Date

CRS and chronic urticaria connection was discussed at the Victoria meeting in a formal presentation. Members shared their experience in this little understood area in an animated discussion.

### Motions Arising from Committee Discussion

Interest was manifested for further discussion on this subject (CRS and CU). A survey on the use of saline nasal washes will be distributed before the Quebec meeting.

**Presented by Dr. Fanny Silviu-Dann**  
**Section Head**

## ALLIED HEALTH SECTION REPORT

### Goals for 2011

1. Increase Allied Health membership
2. Establish **links** between Allied Health members
3. Highlight Allied Health research

### Explanation of Goals

1. Increase Allied Health Membership through promotion of CSACI through CNAC, Lung association, etc.
2. Connect members through newsletter, highlighting who are our members and their roles in the field of Allergy. Utilize CSACI Allied Health website and newsletter to establish links. Send online survey to Allied Health members to plan future Allied Health sessions.
3. Highlight Allied Health research at the annual meeting, as well as through CSACI website (Allied Health).

**Submitted by Rishma Chooniedass & Nancy Ross**  
**Allied Health Section Co-Chairs**

## IMMUNOLOGY SPECIAL INTEREST SECTION

### Goals for 2011

1. Increase awareness of primary immunodeficiency
2. Develop and launch a cross-Canada registry for PID
3. Encourage immunology research

### Explanation of Goals

1. PID is clearly under diagnosed across Canada and there is a paucity of PID providers available. Our goal is to increase awareness of Immunology as a basic and clinical science/choice for undergraduate and medical students/residents.
2. The need for a Canada-wide registry of patients with PID has been raised on many occasions during Section meetings. Building on the work of leaders such as Dr. T. Bowen, we have developed and begun such a registry. This database will be open to all PID providers in Canada and may be used for both clinical applications and research projects.
3. Immunology is more than immunodeficiency. Encouraging the development of young investigators is one important way to highlight immunology in Canada.

**Submitted by Dr. Christine McCusker**  
**Section Head**

## PEDIATRIC INTEREST SECTION

### Goals for 2011

1. Create Canadian Allergy Prevention guidelines
2. Liaise with the Canadian Pediatric Society
3. Support new pre-school asthma guidelines (CSACI input)

### Explanation of Goals

1. There remains a lack of Canadian guidelines for introduction of foods in infants and allergy prevention. There needs to be creation of documents that reflect recent American and European parameters.
2. It would be ideal if Allergy Prevention guidelines could be a joint effort with the CPS (Canadian Pediatric Society), and if the CSACI could liaise more with the CPS.
3. Our section shares concerns expressed by the Asthma section about the lack of CSACI involvement in recent asthma guidelines, and the need for a new pre-school asthma guideline with CSACI input.

### Progress to Date

The section had its annual meeting in Nov 2010 at the CSACI Annual meeting. Since, there has been discussion about creation of separate prevention documents for the general public and practitioners. A related issue has been Health Canada seeking input on its new Nutrition for Healthy Infants guideline. All of these proposed documents will need to be discussed amongst the CSACI board at the mid-term meeting Mar/11.

**Submitted by Dr. Edmond Chan**  
**Section Head**

# INTEREST SECTION REPORTS

## HELLO ALLIED HEALTH MEMBERS,

Two important meetings were held this spring; The AAAAI Annual Meeting in San Francisco March 18 -22 and Anaphylaxis Canada's Spring Conference in Toronto May 7<sup>th</sup>. Allied Health members Lindsay Douglas and Anaphylaxis Canada have each provided us with highlights from these meetings.

### **AAAAI Meeting - Submitted by Lindsay Douglas**

I had the pleasure of attending my first AAAAI meeting in San Francisco this past March. I was surprised at the magnitude of the conference and a little overwhelmed with the number of choices of activities. There were some interesting updates in Vitamin D and the relationship with asthma; more information on Eosinophilic Esophagitis strategies to educate today's children and motivate teens as well as great information on skin testing that included a hands-on workshop.

One thing I found most interesting was a session I attended called How Facebook and Twitter will Help Your Practice. I was surprised to learn of the multiple ways we can connect to and educate our patients outside of the practice, with the use of the varied social media outlets. This presentation was provided by Dr. Sakina Bajowala who herself has multiple outlets including her allergist mommy blog that can be found at <http://allergistmommy.blogspot.com/>. She also provided highlights of the 2011 AAAIA meeting to her patients as the meeting was in progress! These served as excellent examples of what we can provide to our patients. I look forward to implementing many of the things I learned into my practice. **Lindsay Douglas works at Windsor Allergy Asthma Education Center in Windsor, Ontario as a Registered Practical Nurse and Certified Asthma Educator. She has been a member of the CSACI since October 2008.**

### **Anaphylaxis Canada - Submitted by Kyle Dine**



Anaphylaxis Canada has been an Allied Health Member with the CSACI for several years. As a leading national patient group helping individuals affected by anaphylaxis we offer many programs and services. One of our most unique initiatives is our teen program where we connect allergic teens through our Youth Advisory Panel (YAP), and provide them with resources on [www.whyriskit.ca](http://www.whyriskit.ca). On May 7, 2011, YAP members helped organize a half-day youth workshop as part of Anaphylaxis Canada's community conference in Toronto. YAP members engaged the participants with informative presentations, interactive activities, and by sharing important information on managing food allergies in different situations. Attendees had an opportunity to share their own stories through informal discussions and speak directly with a paediatric allergist. This high energy session was very well received and was a valuable learning experience for the delegates. For more information on Anaphylaxis Canada, or the Youth Advisory Panel, please visit [www.anaphylaxis.ca](http://www.anaphylaxis.ca) or [www.whyriskit.ca](http://www.whyriskit.ca). **Kyle Dine is a Program Coordinator for Anaphylaxis Canada and a singer/songwriter who educates children about food allergies.**

### **Helpful Link:**

The AAAAI website offers this link which summarizes current articles in The Journal of Allergy and Clinical Immunology (JACI). We encourage you to take a look at <http://www.aaaai.org/patients/jaci/>

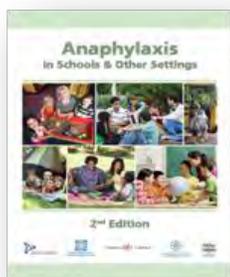
We hope to see you at the CSACI Annual Scientific Meeting in Quebec, October 20-23<sup>rd</sup>, 2011. Remember Allied Health members can apply for the Allied Health Travel Grant up to \$500 towards travel.

We encourage you to be active and collaborative in the CSACI Allied Health Section. Please email your ideas, concerns or helpful information to The CSACI Allied Health section at [rchooniedass@mich.ca](mailto:rchooniedass@mich.ca) and [nross@hsc.mb.ca](mailto:nross@hsc.mb.ca).

Enjoy the summer!! We look forward to seeing you at CSACI in Quebec.

Rishma Chooniedass & Nancy Ross  
Allied Health Section Co-Chairs

## Updated Anaphylaxis Guidelines for 2011



An updated version of the national guidelines for the management and treatment of anaphylaxis has been released by the Canadian Society of Allergy and Clinical Immunology, in collaboration with the Canadian Allergy, Asthma and Immunology Foundation; Anaphylaxis Canada; the Allergy Asthma Information Association; and the Quebec Food Allergy Association. The key change to *Anaphylaxis in Schools & Other Settings, 2nd Edition Revised* is the replacement of the 'original' EpiPen® instruction sheet by the 'new' EpiPen® instructions.

### Anaphylaxis Resource Kits for Ontario

The Ontario Ministry of Education recently updated their Anaphylaxis Resource Kit for educators and school staff. The kits, which have been distributed to all publicly-funded schools and public health units in Ontario in April 2011, include the following:

- *Anaphylaxis in Schools & Other Settings, 2nd Edition guidelines* – revised edition for 2011
- EpiPen® and Twinject® auto-injector materials including training devices, DVDs, and brochures
- MedicAlert® "Be Prepared" information sheet
- "The Basics of Asthma, Allergies, and Anaphylaxis" fact sheet provided by the Ontario Physical and Health Education Association (OPHEA)
- Anaphylaxis Canada's "Think F.A.S.T." educational poster and "Why Risk It" information sheet

Anaphylaxis Canada worked together with the Ontario Ministry of Education on this initiative to provide anaphylaxis-related educational materials.

## PHYSICIAN DEMOGRAPHICS, WORKLOAD AND REMUNERATION

The CMA has recently release statistical information on Canadian physicians, including information on physician demographics, workload and remuneration. The part of the CMA website devoted to the Canadian Collaborative Centre for Physician Resources (C3PR) contains statistical information, articles and reports prepared by the Centre as well as links to relevant papers on physician resources prepared by other organizations. Please click on the link below for the home page of the C3PR site: [www.cma.ca/c3pr](http://www.cma.ca/c3pr). The Centre has recently posted the latest physician counts based on the CMA Masterfile which contains both CMA members and non-members. The counts are as of January 2011 and include breakdowns by province/territory, **specialty**, age, sex and country of graduation. For these specific tables please click on the following link:

[http://www.cma.ca/index.php?ci\\_id=16959&la\\_id=1](http://www.cma.ca/index.php?ci_id=16959&la_id=1)

If you have any questions regarding the information, please contact:

**Tara S. Chauhan**

[tara.chauhan@cma.ca](mailto:tara.chauhan@cma.ca)

Project Manager, Health Policy & Research, Canadian Medical Association

## IMPORTANT UPCOMING DATES – 2011

- **XXI World Congress of Asthma – August 18-21 – Québec City**
- **CSACI Annual Scientific Meeting – October 20-23 – Hilton Hotel, Québec City, Québec**
- **American College of Allergy, Asthma and Immunology Meeting – November 3-8 – Boston, MA**
- **XXII WAO International Scientific Conference, 4-8 December 2011 – Cancun, Mexico**

**JOIN YOUR COLLEAGUES FOR THE  
2011 CSACI ANNUAL SCIENTIFIC MEETING**

**• October 20 to 23 •  
IN BEAUTIFUL QUÉBEC CITY!**

**SUBMIT YOUR ABSTRACT BY JULY 29<sup>TH</sup>** –click on link to submit [http://royalcollege-web.ungerboeck.com/spa/spa\\_p1\\_authors.aspx?oc=10&cc=111053003651](http://royalcollege-web.ungerboeck.com/spa/spa_p1_authors.aspx?oc=10&cc=111053003651)

**TRAVEL GRANT DEADLINE IS AUGUST 26<sup>TH</sup>**

**ALL FORMS AND INFORMATION REGARDING THE MEETING IS LOCATED AT [WWW.CSACI.CA](http://WWW.CSACI.CA)  
OR CONTACT THE CSACI HEAD OFFICE AT [CSACI@ROYALCOLLEGE.CA](mailto:CSACI@ROYALCOLLEGE.CA)**

**HIGHLIGHTS FOR THE FIT BOWL IN QUEBEC CITY**

Fellows-in-Training unite! The inaugural Fellows-in-Training (FIT) Bowl that took place at the 2010 CSACI Annual Meeting received rave reviews and was regarded as a ‘keeper’ for the Annual Meeting for years to come. We are thus in the planning stages for the 2<sup>nd</sup> annual FIT Trivia Bowl to take place on Saturday, October 22<sup>nd</sup>, 2011. For this, I’ll need your help in letting me know:

1. Any feedback you may have regarding the format, team assignments or other comments from last year’s FIT bowl; and
2. As much advance notice as possible that you will be available to participate in this year’s competition.

I also welcome the submission of slides for consideration of inclusion into the question deck – the extra effort on your part may pay off if your team gets the question you wrote! Please send any feedback or trivia question slides to [ellisa@queensu.ca](mailto:ellisa@queensu.ca).

Looking forward to another entertaining event this year,

Dr. Anne K. Ellis  
Queen’s University, Kinaston, ON.

**THE CANADIAN SOCIETY OF ALLERGY AND CLINICAL IMMUNOLOGY WOULD LIKE  
TO GRATEFULLY ACKNOWLEDGE THE FOLLOWING COMPANIES:**

**Grand Patron – CSL Behring  
Patron – Merck Frosst  
Platinum – GlaxoSmithKline  
Silver – Novartis ♦ Talecris  
Bronze – Graceway**

**SPONSORSHIP OPPORTUNITIES ARE STILL AVAILABLE !**



**Dr. Freddy Hargreave**

## In Memoriam

Dr Freddy Hargreave, a dear friend and colleague to many of us at the Canadian Society of Allergy and Clinical Immunology, passed away suddenly on June 15, 2011. His sharp intellect, scientific curiosity, and unabiding commitment to patient care, led to many pioneering contributions in the diagnosis and treatment of asthma. These included his collaborative work with Dr. Jerry Dolovich, which led to the discovery of late phase allergic reactions. He helped develop and validate the methacholine challenge test as an objective measure of airway responsiveness in asthma. His more recent ground breaking work elucidated the use of induced sputum to measure airway inflammation as a guide to asthma treatment.

Freddy's passing has a special significance for our Society. As a respirologist, he was quite unique, because of his close and ongoing scientific, clinical, and personal involvement with allergy and clinical immunology. He thus followed in the footsteps of Sir Aubrey Lewis of the Maudsley Hospital in London, who six decades ago, cautioned against the folly of relying on man-made distinctions, when no such distinctions exist in nature.

Freddy Hargreave was an original thinker, brilliant scientist, and an exceptional teacher and mentor. He trained many of the world's academic leaders in asthma. Foremost, he was a keen clinician with close and attentive caring for patients. As such, he epitomized Osler's model of an academic physician: namely, teaching and research flowing from the patient's bedside. He left the enduring legacy of being an exemplary role model for every academic physician, Canadian and international.

He was a kind, affable, loyal, generous and delightful person—someone who was easy to befriend and enjoy spending time with. That is why his untimely death is felt so strongly by all of us. His scholarship and inspirational qualities will be sorely and deeply missed.

**Dr Susan Wasserman, Professor of Medicine, Division of Allergy and Clinical Immunology, McMaster University**

## FOUNDATION NEWS (CAAIF)

### **SILENT AUCTION AND FUNDRAISING RECEPTION QUÉBEC CITY**

As many of you know, each year CAAIF, as part of the Annual Scientific Meeting, holds two signature events to help raise funds to further research into the causes, prevention and treatment of allergic.

**IT WOULD BE GREATLY APPRECIATED IF YOU  
COULD DONATE A GIFT**

++ YOU CAN GET A TAX RECEIPT ++

The more money we raise for the Silent Auction and the Fundraising reception the more we can give back to assist others!

Your attention in this matter is greatly appreciated!

For further information, please contact the CAAIF Head Office.

## JOIN US!

### WALK TO AXE ANAPHYLAXIS



**OCTOBER 18<sup>TH</sup>, 2011**  
**Earl Bales Park**  
**TORONTO, ONTARIO**

FOR FURTHER INFORMATION  
PLEASE VISIT  
[www.walktoaxe.ca](http://www.walktoaxe.ca)