

Adolescent allergies: treat the misery

Leading physician takes a stand against widespread chronic illness

LONG ISLAND, N.Y. – The most recent statistics from the Centers for Disease Control and Prevention (CDC) show that nearly 40 percent of children in the U.S. suffer from nasal allergies, making it the third most common chronic disease among people under the age of 18.

How many of these children suffer from untreated symptoms? Too many, according to Dr. Atul Shah, a prominent allergist who has personally treated more than 20,000 patients. His new, interactive children's book, *Allergies, and Awesome You: Believe You Can Get There Too!*, educates, empowers and entertains kids about allergy facts, symptoms and treatments.

"I have seen numerous allergic children and their parents living with compromised quality of lives," Shah said. "I strongly believe that with the right treatment plan, every allergic child has the potential to live a great life, allergy-free."

Shah's compassionate approach to treating allergy symptoms lead to his nickname, the AmazingAllergist, which was given to him by patients and fellow practitioners.

Because doctor's visits can be a scary thing for kids, reading *Allergies, and Awesome You* can help reduce anxiety and prepare children for what to expect during an initial visit to an allergist and through the diagnostic and treatment processes.

With an illustrated story in the front and useful, hands-on activities appropriate for kids and parents alike in the back, *Allergies, and Awesome You* empowers allergic children with the knowledge that they can live healthy, happy lives.

For more information, visit amazingallergist.com.

Allergies, and Awesome You: Believe You Can Get There Too!

By Dr. Atul N. Shah, the 'AmazingAllergist'

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About the author

Atul N. Shah, MD, FAAAAI, FAAAAI, is a board certified allergist who has earned an honor of fellowships in both the American College of Allergy, Asthma & Immunology and the American Academy of Allergy, Asthma & Immunology. He has personally treated more than 20,000 patients, made a significant impact on more than 100,000 lives as an allergist so far, and earned the nickname "AmazingAllergist" from his patients and peers. He has been recognized with various awards, including the America's Top Physicians' Award, the Patients' Choice Award, and the Most Compassionate Physicians' Award. He believes that every allergic child and individual has a potential to live a great life, allergy-free.

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