



**D**r. Cynthia Jerome received her M.D. degree from the Albert Einstein College of Medicine, and completed her residency training in Internal Medicine at The New York Hospital-Cornell Medical Center. She then received sub-specialty training in Allergy and Immunology by completing a fellowship at Einstein-Montefiore Medical Center. Dr. Jerome is board-certified in both Internal Medicine and Allergy-Immunology.

Dr. Jerome is Director of Allergy and Immunology Services for ENT and Allergy Associates, LLP. She sees both pediatric and adult patients for a wide variety of allergic disorders, including asthma. She is also a principal investigator in our Clinical Trials Division, which participates in studies involving the latest treatments for allergic and ear, nose and throat disorders.

Dr. Jerome is now seeing patients at our White Plains location, and is currently affiliated with White Plains Hospital Center and New York United Hospital Medical Center.

If you are interested in making an appointment with Dr. Jerome, or would like more information from one of our staff specialists, please call our White Plains, NY office at (914) 949-3888.

## **INSURANCE PLANS**

Dr. Jerome participates with the following insurance plans:

Aetna MC1, Elect HMO	Healthsource (Hudson Health)
Aetna PPO	HHS (Lawrence Health)
American Med & Life	HIP
Amerihealth	Horizon
Anthem Health	Independent Health
Metro Access Plan PPO	Local 456
Beech St/CAPP Care/Medicoise	Local 1199
BC/BS NY; Healthnet/Healthease	Local 32BJ
BC/BS Indemnity	Magnacare
Federal Blue Cross	Medicare
BC/BS Deluxe PPO	Medicoise
Blue Choice Senior	Multiplan
BC/BS Prestige HMO	NYL Care
BC/BS Select HMO	One Health
Child Health Plus (Hudson Health)	Oxford
Cigna: HMO	PHS/Health Net
Cigna: PPO	PHCS
Cigna: Seniors	POMCO
Champus/Unisys	Prudential HMO
CHUBB	Prudential PPO
Community Choice Health Plan	Railroad Medicare
Choice Care Network	SelectPro
Exelcare	Starnet Health/Northeast
Family Health Plus Network	SWSCHP
First Health	TPA
GHI Group	United Healthcare
GHI Individual	Empire Plan/United Healthcare
GHI HMO Select	USHC

## **OFFICE HOURS**

Monday	9:00AM to 12:00PM
Tuesday	11:00AM to 7:30PM
Wednesday	8:30AM to 5:00PM
Thursday	10:00AM to 6:30PM
Friday	8:00AM to 1:30PM
Saturday	9:00AM to 12:00PM



**Cynthia Jerome, M.D.**  
*Director of Allergy and Immunology Services*

*75 South Broadway, Third Floor  
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(914) 949-3888*

# **INTRODUCING THE DEPARTMENT OF ALLERGY AND IMMUNOLOGY**

*Who we are...*

*How we can help...*



## ABOUT OUR ALLERGY SERVICES

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**O**ur allergy services are offered as part of ENT and Allergy Associates, LLP, the largest ear, nose and throat, allergy and audiology private practice in the tri-state area. Our office locations include Westchester and Putnam counties in New York, as well as Manhattan, Brooklyn, Staten Island, and northern New Jersey.

Our White Plains office is conveniently located in central Westchester County, and we provide evening, early morning and Saturday office hours. While regular office visits are by appointment only, we make every effort to accommodate patients who may need immediate medical attention. Dr. Jerome sees both pediatric and adult patients for evaluation and treatment of the full spectrum of allergic disorders, including:

- ▶ allergic and non-allergic rhinitis
- ▶ asthma
- ▶ urticaria (hives) and angioedema
- ▶ food allergy (includes peanut allergy testing)
- ▶ drug allergy
- ▶ latex allergy
- ▶ venom (bee sting) allergy
- ▶ allergic disorders of the eye
- ▶ contact and atopic (eczema) dermatitis
- ▶ sinusitis

Her practice includes both patients who come directly to the allergy department for evaluation and treatment, as well as patients referred for allergy consultation by our ENT physicians, since many ear, nose and throat disorders are caused by allergic disease.



## ABOUT ALLERGENS AND ALLERGIC REACTIONS

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**A**llergens are microscopic substances which can trigger an allergic response. Common airborne allergens include tree, grass and weed pollen, mold spores, animal dander and saliva, and dust mites. Other substances can trigger allergic reactions, including foods, insect venoms, latex and medications.

Allergies are inherited, and it has been estimated that allergies occur in 25 to 30 percent of the U.S. population. Allergic individuals produce a specific type of antibody, called immunoglobulin E, or IgE. The IgE molecules reside on the surface of cells called mast cells, which are widely distributed throughout the body, particularly in the nose, eyes, lungs and gastrointestinal tract. When allergens come into contact with these IgE molecules, the mast cells release histamine and other chemical substances designed to help you “fight off” these unwanted foreign particles. This leads to the familiar symptoms of allergy, including sneezing, itchy eyes, nose and mouth, and runny nose.

Allergic individuals can also develop a wide range of other symptoms, including wheezing, headache, itching and hives, swelling, cough, postnasal drip, fatigue, nasal congestion and gastrointestinal disturbances. Allergies can lead to more complicated disorders, including chronic sinusitis, nasal polyps, rhinitis, asthma, eczema, and urticaria (hives). Some substances may produce serious reactions, including foods, medications and insect stings.

Allergic disorders account for a large percentage of work and school absences, loss of productivity in the workplace, and adversely impact quality of life for a significant number of people. Fortunately, advances in both diagnosis and treatment options have made it possible to effectively help the majority of allergy patients to control their allergies and lead more productive lives.

Dr. Jerome will take a detailed medical and environmental history to determine which unique aspects of your lifestyle may be contributing to your allergy symptoms.

## CONCERNED ABOUT ASTHMA?

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**M**any people with asthma also have allergies, and it is thought that allergic inflammation of the airway may underlie many cases of asthma. Symptoms of asthma include wheezing, shortness of breath, cough and/or chest tightness. Other asthma triggers include cold air, stress, tobacco smoke, viral infections, heartburn, chronic sinusitis, exercise, and irritant vapors and pollutants.

Allergy testing provides a comprehensive and accurate means of determining the specific substances you may be reacting to. For those patients whose asthma is triggered by allergens, treatment of the underlying allergy can significantly improve symptoms and keep asthma under good control. A variety of new generation asthma medications are now available that target different components of the asthmatic reaction. Allergy injections have also been shown to be highly effective in the treatment of asthma.

## QUESTIONS ABOUT RHINITIS?

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**R**hinitis, or inflammation of the nasal passageways, can be caused by a variety of factors. Allergic rhinitis can be seasonal or perennial. Seasonal allergic rhinitis is caused by tree, grass and weed pollen, and mold spores. Chronic allergic rhinitis is caused by exposure to animal dander, dust mites, or indoor molds. Symptoms include runny nose, sneezing, itchy and watery eyes, and itching of the palate or throat.

Another common cause of rhinitis symptoms, called vasomotor or nonallergic rhinitis, is caused by overactivity of nerves in the nose, and can be triggered by exposure to strong odors, changes in temperature and humidity, and other changes in the physical environment. It is often difficult to differentiate allergic from nonallergic rhinitis. Allergy testing can help to determine if the symptoms are being caused by an allergy. Effective treatments are available for both types of rhinitis. Allergic rhinitis responds well to environmental control measures and medications. In some cases, allergy injections may be recommended.