

OUR OFFICE INFORMATION

Meher S. Khan MD 146 Montgomery Avenue Bala Cynwyd PA 19004
Office (610) 668-0836 Fax (610) 668-7922 www.allergymomMD.com

It is a pleasure to welcome you into our office. We want to make your experience as pleasant and efficient as possible.

Meher Khan, M.D. is board certified in Allergy, Asthma and Immunology. She is also a board certified pediatrician. She did four years of residency in Medicine and Pediatrics after medical school, followed by two years of specialization in Allergy, Asthma and Immunology at Thomas Jefferson University in Philadelphia, PA.

OFFICE HOURS:

Dr. Khan's office hours by appointment are:

Tuesdays 9:00 AM-5:00 PM

Thursdays 11:00 AM-7:00 PM

The office staff are available to you Monday through Friday. Should you need emergency assistance or an immediate appointment, Dr. Khan, or her covering physician may be reached through our office number (610)668-0836 and following the prompts.

INITIAL VISIT

The first visit takes 60-90 minutes. It involves extensive history taking, physical examination and lung function testing with vital capacity screening. If you are to be SKIN TESTED at the first visit, anti histamines (like Benadryl, Zyrtec, Claritin, Allegra) should be stopped 3-7 days before the visit (please check with our office if you are unsure).

SKIN TESTING

This is done by two methods. First by percutaneous testing which is by PRICK or SCRATCH testing. Secondly by Intradermal testing in which the tip of a small needle goes just into the skin to raise a tiny bleb of fluid injected through the needle. It does not go into the muscle or blood. Environmental allergens: Testing is done to grass, tree, weed and mold pollens as well as to dust mites, cockroach, cat and dog.

SPECIAL SKIN TESTING

FOOD ALLERGY or INTOLERANCE

Percutaneous testing via prick testing is done to Milk, Egg, Wheat, Soy, Fish, Shellfish, Peanut, Tree Nuts, Corn, Chocolate, Tomato, Orange, Yeast.

Additional testing is done depending on your history of reactions to various foods and upon request.

ORAL ALLERGY SYNDROME: Certain fruits and vegetables, spices and seeds, share proteins with certain trees, grasses and weeds. This may cause itchiness and tingling sensation in the lips, tongue and throat, and rash around the lips.

GLUTEN SENSITIVITY: Gluten sensitivity can be ascertained by special blood tests. Gluten includes wheat, barley, rye. Gluten may be added to soy sauce, ketchup, beer and ice cream as a stabilizer. Avoidance is necessary in celiac disease and gluten intolerance.

FOOD ALLERGY SUPPORT:

www.foodallergy.org

MEDICINE ALLERGY

LOCAL ANESTHETICS: Your dentist or physician will provide the local anesthetic that you reacted to. Our office will prepare the dilutions and test you according to a protocol. This visit requires 2-3 hours and is scheduled on Tuesdays.

PENICILLIN: Is done to major and minor determinants on Tuesdays.

DELAYED REACTIONS: Follow up visits are required in 48-72 hours.

INSECT ALLERGY

Testing includes honey bee, wasp, yellow jacket, yellow hornet, and white-faced hornet (latter three as Mixed Vespids). This visit requires 2-3 hours and is done on Tuesdays. It is recommended for all persons who have experienced a life-threatening systemic reaction (fainting, wheezing, difficulty breathing, drop in blood pressure, feeling of impending doom, etc.) and non life threatening reaction (systemic spreading hives) over the age of 16 years, post sting.

CONTACT SKIN ALLERGY

Patch testing is done for contact dermatitis which is an allergic response of your skin to allergens like plants, creams, lotions, hairsprays, hair dyes, cleaners, cosmetics, etc.

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PULMONARY (LUNG) FUNCTION TESTING

This is done to assess the state of your airways and your capacity to breathe especially during activities. This is also called Spirometry and may be done before and after a bronchodilator such as Albuterol, Proventil, Ventolin or Xopenex.

The upper air passages (nose, mouth, throat) continue into the lower airways (trachea, bronchi, small airways), so very often we find that if you have significant upper airway symptoms such as those related to allergies, sinus infections, heart burn, post nasal drip, viral infections, common cold, etc. the lower airways are also affected, causing Extrinsic Asthma, or Reactive Airways Disease (RAD) which normalizes when those conditions are treated. The lower airways are primarily affected when you have conditions such as Intrinsic Asthma, COPD, Bronchitis, etc.

INSURANCE AND PAYMENTS:

Dr. Khan participates in most private insurances including Independence Blue Cross, Personal Choice, Keystone, Aetna, Cigna, United Healthcare, Concorde Department of Defense, and Medicare.

You are responsible for your copay and deductible. You are also responsible for requesting and obtaining timely referrals from your primary care physician. We consider our fees to be fair, reasonable and commensurate with Dr. Khan's training, experience and certification. We realize that medical insurance issues can be difficult and complicated for many patients. We therefore have contracted with STI Computer Services Inc. Innovative Medical Solutions (IMS) to submit all claims for you. They can be reached for billing inquiries at:

Contact person is Staci Greeley or Pam Meyers

Email: sgreeley@sticomputer.com and pmeyers@sticomputer.com

For patients without insurance coverage, payment is expected at time of service via cash, check, credit card or health service account. A weekly or monthly payment plan can be set up on written request.

We want your visit to focus on YOUR HEALTH and want to make your visits as satisfying as possible.

Further info, links, consent forms, and HIPAA are available on our website.

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