

Wheezing during a work meeting, feeling a tight chest while on a Sunday hike, waking up in the middle of the night to cough—these disruptors to breathing can be a major hindrance to your daily life. Roughly 10% of Utah residents have asthma, a chronic disease that affects the lungs and makes it difficult to breathe.

Almost two-thirds of those folks have asthma that is uncontrolled, meaning they experience asthma attacks more than twice a week, says Timothy Sullivan, M.D., an allergist at Advanced Allergy and Asthma. Adults and children are affected by asthma. Allergies can be developed with age. Pet, dust, or seasonal allergies can aggravate asthma, and breathing can feel unnecessarily challenging.

Many people don't seek treatment for their asthma or allergies and just push through asthma attacks instead. While a coughing fit may not seem like a big deal, getting sick or breathing in wildfire smoke can cause more inflammation in the lungs, resulting in a severe asthma attack.

The staff at Advanced Allergy and Asthma are on a mission to change that. "We'd love to get rid of asthma altogether,

Breathe Easy

The allergists at Advanced Allergy and Asthma clinic offer a range of services to help patients breathe a sigh of relief from asthma.



but at the very least, we want people to live and sleep more comfortably," says Dr. Sullivan.

Personalized Treatment Plans

"There's a wide range of treatments for asthma if people decide to seek help," Dr. Sullivan says. At Advanced Allergy and Asthma, patients can choose from simple treatments such as fast-acting inhalers to help relax irritated, spasming muscles, and highly effective immunotherapy solutions, like allergy injections, to reduce the severity of allergic reactions. There are also long-term solutions including new drugs for severe asthma; in some cases, people can go years without needing more shots.

Using the latest in-office diagnostics, the allergists at Advanced Allergy and Asthma create a customized treatment plan specific to patients' needs. Since asthma is a chronic disease, patients are recommended to see the allergist every six months to make sure they're continuing to breathe easy.

"When it comes to allergies, and especially asthma, we want it under control, period. No exceptions. And we are committed to doing that for our patients," says Dr. Sullivan.



TWO CLINIC LOCATIONS

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