



## Rush University System for Health

# Rush Allergy & Asthma Program: Post COVID-19

Rush allergists and immunologists have been heavily involved in research on COVID-19 as it relates to asthma and allergies and are pioneers in some of the most significant investigations in the field. Their research shows that asthma and allergy sufferers are not at higher risk of contracting COVID-19, but if it is contracted, there is increased risk of prolonged intubation, especially in patients with uncontrolled asthma at baseline.<sup>1</sup> It is vital to evaluate allergy and asthma patients for proper preventative care during flu season and peak pollen season especially during the COVID-19 pandemic.

As a program that is active in COVID-related research and practices, Rush's asthma and allergy experts encourage patients who regularly experience these conditions to schedule an appointment to be assessed for appropriate treatment. Asthma patients who follow a recommended medication regime recovered more quickly compared to patients who did not follow a regime or were uncontrolled at baseline and therefore took longer to recover.<sup>2</sup> Allergy patients could face uncertainty interpreting their own symptoms to determine if they do or do not have COVID-19.

We encourage referrals for patients requiring second opinions of shifts in symptoms outside of normal allergy seasons, as well as those who experience chronic rhinitis or rhinosinusitis. Our experts are available for same day in-person appointments and have designated telehealth slots with one week's notice, though often tele-appointments can be same day as well.

**Post Covid-19 Treatments.** While we encourage preventive treatment for allergy and asthma patients, follow-up treatment plans are available for those who have experienced COVID-19 and have prolonged asthma symptoms. Treatments that include regimented use of medications and optimized asthma treatments can be used to help bring patients back their baseline.

**Targeted Therapies.** In addition to traditional inhaler medications, our team offers several biologics as a form of targeted therapy for asthma. This type of personalized care is administered as an injection in-office at Rush by our specialized nurses trained in biologic therapy. Biologics have been proven effective at managing severe cases such as allergic asthma or eosinophilic asthma, but also assist in managing symptoms of allergy and asthma patients who are recovering from COVID.

**Collaborative, Comprehensive Consultations.** We pride ourselves on our program's accessibility and leadership in advancing treatment. Our physicians are available at multiple locations in the Chicago area. We encourage patient referrals and are committed to working with a patient's primary care physician for extended care and second opinions regarding the treatment of allergy and asthma sufferers. Our new facilities are equipped with state-of-the-art equipment that will ensure accurate diagnosis and facilitate quality treatment.



**U.S. News & World Report ranked Rush University Medical Center's Ear, Nose & Throat program among the best in the nation.**

## Research

As of May 2020, data from the Centers for Disease Control and Prevention (CDC) indicates that **asthma is present in about 17% of all admitted COVID-19 patients** in the United States and in **as many as 27% of patients ages 20 to 49**. This makes asthma the second most common comorbidity in this age group.

The Rush asthma and allergy research team studied **more than 1,000 patients** with COVID-19, 241 of whom had asthma. The researchers found that **asthma resulted in longer times on a ventilator for 18- to 64-year-old patients**.

In a limited study, Rush asthma and allergy researchers describe 4 patients with moderate to severe asthma who had a long COVID-19 infection course with minimum 24 days of respiratory symptoms. In three of the cases, the patients perceived improvement immediately before the peak of symptoms and their need for ED visits. All cases needed ED visits, with two being admitted to the hospital. In all patients, the respiratory symptoms fluctuated.

## Locations

### Rush Oak Park

610 S. Maple Ave., Suite 5500, 4600  
Oak Park, IL 60304  
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### Rush South Loop

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### Rush University Medical Center

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### Rush Oak Brook

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## Our team



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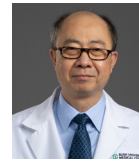
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