

# ASTHMA & THE “RULE OF TWO’S”

## *Dedham Medical’s Allergy Team*



*Teaching a patient to use an inhaler: David Riester, MD, and Bonnie Marin, RN*

### DEDHAM MEDICAL ASSOCIATES

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# DMA

DEDHAM MEDICAL ASSOCIATES, INC.

**W**hile asthma is an insidious disease, there’s one clear fact about it – It doesn’t have to dominate your life.

The “Rule of Two’s” says that anyone who wheezes more than two times a week or two nights a month or uses more than two canisters of bronchodilator a year probably should be on preventive medications that can deal with the underlying causes of asthma. While inhalers can help with the wheezing and shortness of breath that go with asthma attacks, important new medications can prevent the inflammation that sets up the body for asthma problems in the first place.

The Allergy Team at Dedham Medical Associates works closely with asthma patients and their primary care physicians to provide aggressive, preventive care with these medications that can bring about improved outcomes.

David E. Riester, MD, certified in both Pediatrics and Allergy/Immunology, offers special expertise in treating asthma and the full range of other allergy-related issues – from year-round runny noses to bee sting sensitivity to animal, dust mite, peanut, pollen and ragweed allergies. Allergy Nurse Bonnie Marin, RN, works with him to test for allergy causes, implement medical treatments and counsel on lifestyle changes to minimize allergic reactions.

Ask your physician whether it would be beneficial to have specialists working with him or her in managing your asthma or other allergy problems. To make an appointment with the DMA Allergy Team, call 781-329-1400, x1215.

*Dedham Medical Associates provides care in more than 20 medical specialties, including internal medicine, pediatrics, dentistry, dermatology, endocrinology, ENT, ophthalmology, orthopedic surgery, rheumatology, surgery and urology. For information about becoming a patient, call 781-329-1400, x1361, or see our web page at [www.dedhammedical.com](http://www.dedhammedical.com).*