

Common Sense in

ALLERGY & ASTHMA *Simple, Safe, Effective, Thrifty*



After more than 30 years as a board certified allergist, I still find it exciting to go to work every day. This is where I learn some of the most practical ways to translate the scientific knowledge of my specialty into safe, effective, simple and thrifty ways to achieve better control of asthma and allergic diseases from my patients.

Our “bag of tricks” that we share with our patients includes:

- recipes for home-mixed nasal and sinus irrigation
- simple techniques to control acid reflux
- specific washing instructions to kill dust mites while using dust-proof mattress covers
- effective ways to reduce mite exposure in areas other than the bed.

Inflamed tissue surfaces don't lubricate themselves normally, so we use simple and inexpensive ways to lubricate eyes in allergic conjunctivitis, throats in patients who cough, and skin in patients with eczema. This allows generally effective symptom control with reduced medication costs and side.

With the same individualized approach to health-related issues of life style, we have helped some patients control smoking and obesity, as well.

Dr. Coifman is the only South Jersey allergist to serve on the national Dr. Coifman is the only South Jersey allergist chosen to teach in each of the continuing medical education programs of the two national allergy scientific societies. He has served on national meeting faculty for nine separate programs on allergy management.

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*Individually customized allergy testing,
serum, and treatment plans*