

Katie Johnson: Good morning, and welcome to Apple a Day, Lake Region Healthcare's Health and Wellness program, where we feature news and information you can use to live a healthier life. I'm Katie Johnson, your host, and my guest today is Dr. Dari Orandi. He is a hospitalist at Lake Region Healthcare who has now expanded his practice to also offer us some allergy and immunology services. Good Morning, Dr. Orandi.

Dr. Dari Orandi: Thank you for having me.

Katie Johnson: Well, thanks for joining me. Let's take a little time to introduce our listeners to you, if they haven't had a chance to meet you during the years you've been here at Lake Region Healthcare. Tell me about when you joined the team at Lake Region Healthcare as hospitalist, and what you do in that role first.

Dr. Dari Orandi: Well, I started in 2012 after I finished my residency in Detroit. Worked here for about three and a half or four years, and then decided to do some more training in allergy and immunology. I basically worked as an internist in the clinic, and a hospitalist, taking care of the patients that required hospitalization until about 2015 when I decided to take a different track.

Katie Johnson: All right. What prompted you to pursue this interest in allergy and immunology?

Dr. Dari Orandi: Well, I had also done some ER work, and decided that I enjoyed taking care of pediatric patients as well, and rather than go back and do an entire residency again, allergy and immunology offered me the chance to take care of kids.

Katie Johnson: We should mention, listeners are probably thinking, "Dr. Orandi? Don't I recognize that name?" You are related to our other Dr. Orandi.

Dr. Dari Orandi: That's right, he's my father.

Katie Johnson: And might have had something to do with how you ended up here?

Dr. Dari Orandi: That's 100% correct.

Katie Johnson: Well, that's great. Offering the allergy and immunology services here is fantastic. We know that's an area of high need. Tell me about what you'll offer to patients in the clinic in this specialty area.

Dr. Dari Orandi: Well, we'll be offering a look into what's been causing some of the allergy type symptoms that they've had, whether that's runny nose, stuffy nose, or itchy eyes. I'm also evaluating patients with food allergies, asthma, eczema, and a variety of other immunologically related diseases.

Katie Johnson: So, season allergies, right now what's kind of hot, and what are people going to be potentially experiencing this season, and into the fall season, that might warrant an appointment with you?

Dr. Dari Orandi: Well, right now we're in the midst of grass season, so lots of people that have been mowing the lawn have experienced some of the symptoms that they've had around this time of the year. We'll be going into ragweed season quite shortly, which is also another time when patients are going to be quite severely affected. We're happy to test patients to all the environmental allergens that they may encounter, which includes trees, grasses, weeds, molds, and pet dander.

Katie Johnson: Tell me more about how you do that. I've heard all kinds of interesting stories about how people are tested for certain types of allergies, some of which sound almost like torture. Is that really what it's like?

Dr. Dari Orandi: No, it's not. It's basically a little scratch test on your back. We use several different allergens. The most painful part of it is if patients do have positives to testing, it itches, but it shouldn't be painful.

Katie Johnson: How often is it that a patient is trying to treat their allergies with over the counter medications that may or may not be completely effective, and really could benefit by getting more specific about what's causing that allergy, and getting a little bit more of a medical perspective on it?

Dr. Dari Orandi: Well, the majority of patients do try over the counter medications prior to coming to see an allergist, but overall once they find out what exactly they have sensitivities to, we can tailor a treatment plan that will work for them.

Katie Johnson: Now, you mentioned that you also have asthma in your area of specialty. Pediatric and adult asthma patients, you treat both of those. What kinds of options can you offer to patients who suffer with the various types of asthma?

Dr. Dari Orandi: Well, we certainly are able to take care of the patients and the entire scope of asthma, whether it's allergy or non-allergy related. We'll typically do breathing tests on patients before giving them what's called a bronchodilator to see if that reverses any obstruction that they might have. But we can certainly adjust medications as they need them, and we typically put patients on a maintenance inhaler, and they can use a rescue inhaler for whenever their symptoms get worse.

Katie Johnson: Anything else that you want to share with our listeners when you think about who's out there, and who might be able to benefit from the expanded allergy and immunology services here at Lake Region Healthcare?

Dr. Dari Orandi: Well, we're happy to see anybody from pediatrics to geriatrics, but in general most people do suffer from either seasonal or perennial allergens. If you feel like you have any of these symptoms, please stop by.

Katie Johnson: Sounds good. You're going to be located in the clinic right on ground floor, and patients can call the 739-2221, our main appointment line. If you have a need

for allergy or immunology services, we're happy to say that Dr. Dari Orandi is expanding our services there. Dr. Dari Orandi, my guest today on Apple a Day, as he shares with us the expansion of allergy and immunology services at Lake Region Healthcare's clinic services. Dari, thanks for taking time to join us today.

Dr. Dari Orandi: Thanks for having me.

Katie Johnson: Dr. Dari Orandi and Katie Johnson on Apple a Day, reminding you there is so much to do here, stay healthy for it. Have a great day.