

An integrated clinical research unit with an active research programme, providing access to the latest allergy treatments

The Allergy Team

Doctors

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Consultant Allergist

Professor Adnan Custovic
Professor of Allergy

Professor Angela Simpson
Professor of Respiratory Medicine

Dr Naveen Rao
Consultant
Paediatrician with an interest in Allergy

Dr Lourdes Arochena
Locum Consultant Allergist

Dr Marina Tsoumani
Clinical Fellow in Allergy

Dr Aida Semic-Jusufagic
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Allergy Secretary

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Comprehensive allergy care for adults and children offering a holistic approach to diagnosis and management of the full range of allergic conditions

The UHSM Allergy Centre



The UHSM Allergy Centre was set up by Professor Adnan Custovic in January 2004. Dr Susana Marinho was recruited to the allergy team in 2009 and the service became fronted by the first dedicated full time NHS Consultant Allergist in the North West.

The service has since expanded considerably and in 2013 recruited its second full time Consultant Allergist, Dr Lourdes Arochena. The UHSM Allergy Centre provides comprehensive allergy care for adults, offering a holistic approach to diagnosis and management of a wide range of allergic disorders. It also has close links with the Paediatrics Service, providing the same range of comprehensive allergy care to children. It is an integrated clinical and research unit with an active research programme, ensuring that patients have access to the latest advances in the diagnosis and treatment of allergic diseases.

What does the UHSM allergy centre offer?

We provide a service for the diagnosis of the full spectrum of allergic conditions, offering a unified approach to their management, as detailed opposite. We perform diagnostic skin and challenge tests, offer desensitisation (specific immunotherapy) for bee and wasp venom, allergy, allergy (rhinoconjunctivitis) to inhalant allergens such as pollen, mites, cat, etc., and desensitisation to drugs (e.g. aspirin).



We accept referrals for adult and paediatric patients with the following conditions:

Anaphylaxis

Diagnosis, assessment and management of patients with history suggestive of anaphylaxis. Emphasis on idiopathic and complex or severe anaphylaxis, for example where the cause is unclear; where avoidance is difficult; where multiple foods are involved and/or there are complex dietary consequences; where there is coexisting asthma or where the anaphylaxis is exercise -induced. Advice is offered on allergen avoidance (where applicable) and management plans are provided (including training in adrenaline auto-injectors) to reduce recurrence and repeat emergency attendances and to improve the quality of life.

Food allergy

Diagnosis and management of patients with possible food allergy, requiring confirmation and management. Emphasis on those with severe symptoms relating to food for example where there are potentially life-threatening airway, breathing or circulatory symptoms; where the cause is unclear; where the patient is deemed to be at high risk, where there are multiple food allergies.

Insect venom allergy

Investigation and management of severe reactions and those involving significant physiological disturbance of airway, breathing or circulation. Bee and wasp venom specific immunotherapy is offered where appropriate.

Drug allergy

Investigation of patients with suspected drug allergy, including allergic reactions during general anaesthesia, to antibiotics, NSAIDs and any other drugs, particularly when patients' choice of alternative drugs are limited or complex (e.g. cystic fibrosis patients). Drug desensitisation is offered where appropriate (e.g. to aspirin).

Rhinitis, conjunctivitis and rhino-sinusitis

Establishment of an allergic diagnosis and thereafter consideration of desensitisation immunotherapy where patients' rhinitis, conjunctivitis and rhinosinusitis symptoms are not controlled by maximal medical treatment.

Urticaria and angioedema

Investigation and management of severe or persistent urticaria and angioedema, which does not respond to conventional first line treatment.

Latex allergy

Investigation and management of reactions when there is significant physiological disturbance of airway, breathing or circulation.

Multi-system allergic disease

For example asthma, rhinitis, eczema, acute reactions due to food or inhalant allergies, which are moderate or severe and necessitate complex management strategies.

Eczema

Diagnosis and management of patients with eczema, where a specific allergic trigger is suspected and requires confirmation/management, and/or where it co-exists with significant asthma, rhinitis and/or food allergy, complicating management.

Asthma

We offer a specific asthma and allergy clinic, aimed at patients where an allergic trigger is suspected and requires confirmation/management. In addition we focus on inhaler technique and offer written asthma management plans. We have close links with UHSM's severe asthma clinic, run by Dr Rob Niven.

Multiple non-specific symptoms

Advice and risk assessment to the patient and the referring doctor are provided with help with diagnosis when an allergic cause needs to be excluded.



When and where are the clinics held?

General Allergy clinic

Monday morning and afternoon, except 4th Monday pm (Dr S Marinho); Tuesday afternoon (Professor A Custovic, Professor A Simpson); Wednesday morning and afternoon (Dr L Arochena)

Joint Paediatric Allergy clinic

Held every 4th Monday afternoon of the month with Dr N Rao (Consultant Paediatrician) and Dr S Marinho (Consultant Allergist)

Referrals

Paediatric Allergy clinic

Dr N Rao runs weekly paediatric allergy clinics on Tuesday afternoons along with a paediatric dietician. This clinic is ideal for infants and children with food allergies

Specific immunotherapy clinic

Patients are given specific immunotherapy (desensitisation) to allergens such as bee/wasp venom, tree/grass or weed pollens, mites, cat, dog, horse, etc. Held Monday morning (Dr L Arochena) and Tuesday afternoon (Dr S Marinho)

Adults

- Non urgent referrals - please use Choose and Book or send your referral letters to Dr Susana Marinho (address - back page)
- Urgent referrals - please fax or email your referral letter to the Allergy Secretaries (contact details - back page)

Drug Allergy Investigation Service

Patients are investigated and skin tested to drugs or bee/wasp venoms. Held on Tuesday morning (Dr S Marinho) and Thursday afternoon (Dr L Arochena)

Day Cases

Provocation tests with foods or drugs are carried out to investigate allergies and/or find suitable alternatives. Desensitisation to drugs is also carried out. Held on Tuesday all day (Dr L Arochena), Wednesday all day (Dr S Marinho) and on alternate Thursdays all day (Dr S Marinho/Dr L Arochena)

Children

- Non urgent referrals - please use Choose and Book or send your referral letters to Dr Naveen Rao (address - back page)
- Urgent referrals - please fax or email your referral letter to the Paediatric Secretaries (contact details - back page)