

# Let's Talk:

## Conversations about Women's Health



### Triggers and Treatments: Food & Environmental Allergies, Asthma, and Sinusitis

As the trees and flowers begin to blossom, many of us are adversely affected by sneezing, runny and stuffy noses, scratchy throats, and nasal inflammation. What do environmental and food allergies, chronic sinusitis, and asthma have in common? Do sex differences affect the onset of symptoms and responses to treatments? Please join us for the next Let's Talk to learn from experts in otolaryngology, or the study of conditions of the ears, nose, and throat, allergy, and asthma.

**Who:** Women and men

**Date:** Tuesday, April 30, 2019

**Where:** UCHealth – University of Colorado Hospital  
Bruce Schroffel Conference Auditorium  
Anschutz Inpatient Pavilion 2  
12505 East 16th Avenue  
Aurora, Colorado 80045

**Cost:** \$10 per person (includes light dinner)

**Parking:** Free valet parking will be available – instructions to follow

**RSVP:** [Click here](#) to register by April 26, 2019. For more information, please visit [www.cwhr.org](http://www.cwhr.org) or contact Nan Oudet at 303-724-9179.

#### AGENDA

- 5:15 - 6 p.m. Registration and light dinner
- 6 - 6:30 p.m. **Anjeli Kalra, MD**  
*Introduction to Environmental and Food Allergy*
- 6:30 - 7 p.m. **Sunita Sharma, MD**  
*Recognition and Treatment of Asthma: From Development Origin to the Development of New Therapies*
- 7 - 7:30 p.m. **Vijay Ramakrishnan, MD**  
*Chronic Rhinosinusitis: Unrecognized Burdens*
- 7:30 - 8 p.m. Question and answer panel
- 8 p.m. Adjourn

Americans with Disabilities Act: Event staff will be glad to assist you with any special needs. If you need sign language interpretation or CART, please contact us at least three business days prior to the meeting date.

*Let's Talk: Conversations about Women's Health* is a lecture series that educates the community on topics of health. These evidence-based talks provide information that people need to make educated decisions about health for themselves and their families. *Let's Talk* content is uniquely created and presented by a panel of nationally renowned subject matter experts, physicians, and researchers.



# Speakers



**Anjali Kalra, MD**

*Introduction to Environmental and Food Allergy*

Dr. Kalra will be presenting a general overview of environmental allergy and food allergy with a focus on evidence-based practices.

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As a board-certified Allergist and Immunologist, Dr. Kalra cares for adult patients with environmental allergy, food allergy, asthma, hives, drug allergy, anaphylaxis and immunodeficiency. Dr. Kalra's primary research interest is focused on the intersection between Penicillin allergy, drug allergy and quality improvement. She completed medical school at Jefferson Medical College, residency in Internal Medicine at the University of Colorado and fellowship in Allergy and Immunology at National Jewish Health. Dr. Kalra joined the faculty at the University of Colorado in 2017.



**Sunita Sharma, MD**

*Recognition and Treatment of Asthma: From Development Origin to the Development of New Therapies*

Asthma is a common chronic respiratory disease that affects over 300 million people worldwide, resulting in a significant socioeconomic burden. Asthma has a higher incidence in women after puberty. Furthermore, female patients have reported to experience more symptoms and poorer quality of life. Dr. Sharma will review the associated symptoms, diagnosis, and treatment options for asthma, focusing on women.

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As a board-certified specialist in pulmonary and critical care medicine, Dr. Sharma specializes in the diagnosis and treatment of severe asthma. She is a member of the University of Colorado Severe Asthma Program and is a co-Director of the University of Colorado Asthma Research and Education (UCARE) Program. Her primary research interest is in understanding the developmental origin of asthma and how intrauterine smoke exposure impacts the development of respiratory disease in the postnatal period. She has research funding from the National Institutes of Health. She earned her medical degree from the University of Kansas, completed Internal Medicine residency at the Mayo Clinic, and completed her fellowship in Pulmonary and Critical Care Medicine at Harvard. She joined the faculty at the University of Colorado in 2015.



**Vijay Ramakrishnan, MD**

*Chronic Rhinosinusitis: Unrecognized Burdens*

Chronic rhinosinusitis is a common condition, and its severity is often underappreciated. Dr. Ramakrishnan will discuss symptoms, including classic sinus symptoms as well as associated issues that often are the driving force for seeking treatment. He will also discuss disease severity, treatment options and outcomes, with a particular focus on recently published sex differences.

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Dr. Ramakrishnan is an Associate Professor in the Department of Otolaryngology-Head & Neck Surgery at the University of Colorado School of Medicine, where he serves as co-director of the CU Skull Base Program and Director of Rhinology Research. He attended medical school at Baylor College of Medicine, residency at the University of Colorado, and fellowship training in advanced rhinology and skull base surgery at the University of Pennsylvania. His areas of expertise include nasal obstruction, chronic sinusitis and nasal polyps, revision sinus surgery, complex sino-orbital diseases, cerebrospinal fluid leaks and skull base tumors. His research focuses on clinical outcomes in surgery for chronic sinusitis, new approaches to minimally invasive surgery, and cellular mechanisms of inflammation.