

Dear all,

I was stung by two bees around noon. Since I have never been stung by bee before, I quickly took 60 mg prednisolone and antihistamine by myself; I also apply ice and cortisone cream to the feet. In 3 minutes, I felt hot and my lips start to swell and rash all over the body. In next 15 minutes, I developed tachycardia and by the time Fred showed up, I just passed out (syncope) because the shock. Soon, the ambulance came and the EMT gave me the epi-pen injection (epinephrine) and took me to the ER for further treatment. By 9:00 pm, I was discharged and could not sleep until 5:00 am this morning b/c the steroid side effect. Anyway, I realized one thing and wanted to recommend everybody to be aware of the severe allergy reaction. It can be occurred even it never happens before. Anytime, when you feel itching from taking seafood or insect bite, do not hesitate to call 911. I want to thanks 金城 who directed the ambulance to my subdivision. Raymond called 911, 秀遠 was monitoring my blood pressure, Fred was helping to give me fresh air because I passed out when I saw Fred. Other friends including Dr. Hansen Chang and Dr. Martinez were helping in my house too. Also 淑敏 and Todd, Sandy later helped the cleaning. I want to thank the CAPASUS medical team that has done a great job. Thanks you so much. See everybody on Wed for pork feet and rice noodle.

Best Regards,
Willie Chen M.D.

Dear All: -

I am glad that I have arrived Willie's home on time!

Actually I was not planning to attend this meeting originally since I have mentioned on July 11 during our dinner time, I have decided to step down from Fundraising Committee for the past many years. Around 11:30 AM, suddenly I felt I should go to this particular meeting because I would like to share my experiences to Willie for upcoming few activities of CAPASUS.

When I arrived Willie's home, he lied down on the floor, rashes all over his upper arms and lower abdomen and few on chest. I asked to take Blood Pressures immediately, they were around 92-96 Systolic and 52 to 58 Diastolic pressures, one time increased to 102/62 mmHg, he was apparently sluggish speech and slow responses to questions and stimulations. It would take me too long to get Epinephrine Injection from my office, so I called 911 immediately.

Here I must to tell all non-medical members, this is TRUE Medical Emergency “Anaphylactic Reaction “, it is life threaten condition, we should call 911 immediately to get Epinephrine Subcutaneous Injection at once. If mild conditions please follow these steps:

1. If insects Bites or Poison Ivy, Toxic Plants etc. Put Ice to the affected skin immediately, or IF Reactions to Drugs or Foods (Especially Shell fishes, Chocolates or Nuts etc.)

Rashes will develop with mouth tight, or breathing / heart beats increased, shortness of breath etc.

2. Take Benadryl 25 mg or 50 mg by mouth first, Zyrtec 10 mg is the 2nd choice. (Prednisone by mouth even injection will take at least two hours to start working.)

3. Lying down with head up and feet down. — Very important!

4. Monitor Blood Pressures immediately, VERY VERY important, if BP below 100 / 50 mmHg continuously, he or she is in SHOCK conditions. Call 911 immediately

5. If Sluggish Speech or very slow response to questions or stimulations, Call 911 immediately

6. If Rashes were going up to upper arms or chest with Dark Lips, especially shortness of breaths, dizziness etc. Call 911 immediately.

Please remember, TIMING IS CRITICAL, DO NOT DELAY!

I am so glad Dr. Chen is complete recovery now, God bless him. Good luck to everybody! Always.

Raymond C. Ho, M.D.,FAAP