

Physicians from the Institute for Asthma & Allergy Make Washingtonian Magazine's Top Doctors List

List includes Dr. Athena L. Economides, Dr. Michael A. Kaliner, Dr. H. Henry Li, Dr. Mark Scarupa, Dr. Martha Vitter White

Chevy Chase and Wheaton, MD, April 7, 2008 – The Institute for Asthma & Allergy, a unique center where careful diagnoses, cutting-edge treatments, on-going research, and education of patients are the primary objectives, announced today that all physicians from the Institute have been named in the April 2008 *Washingtonian* magazine “Top Doctors” list.

Washingtonian magazine’s Top Doctors list is a guide to the area’s best doctors in over 30 specialties. The list is a result of 6,500 questionnaires sent to randomly selected physicians in DC, Maryland and Virginia, asking “If someone in your family were sick, which doctor would you call?” More than 1,250 physicians responded. Those who made the list received the greatest number of recommendations within their specialties.

The following are all the physicians affiliated with Institute for Asthma & Allergy who were included on the allergy/immunology list:

Michael Kaliner, M.D. – Before founding the Institute, Dr. Kaliner was the Director of the Allergic Diseases Section of the NIAID, NIH. He also directed the Asthma and Allergic Diseases Center at the NIJ, and was Director of the training program in which more than 100 fellows in allergic disease were trained.

He is Past-President of the American Academy of Asthma, Allergy and Immunology (the largest professional society of allergists in the world) as well as the past President of the World Allergy Organizations. He has been the chairman of the American Board of Allergy and Immunology (the organization which certifies allergists as to their training). The University of Maryland Medical School recognized him with the Honor Award and Gold Key as their outstanding Alumnus (1994).

Martha V. White, MD – Dr. White, the Institute's Director of Research and a nationally recognized pediatric and adult allergist, is known for her clinical skills and scientific research, as well as her continued contributions towards education of the public regarding asthma, allergies and sinusitis. She began her research career at the National Institutes of Health, where she spent nine years studying asthma and allergic diseases prior to co-founding the Institute for Asthma and Allergy. In addition to caring for patients, Dr. White now heads one of the most active clinical research centers devoted to asthma, allergy, hereditary angioedema, COPD and sinusitis not only in the Washington Metropolitan area, but across the United States as well.

A founding board member of the Allergy and Asthma Network/Mothers of Asthmatics, Inc., she is also the organization's medical editor and recipient of the Helping Others Breathe Easier Award (1995). Dr. White is the past President of the Society of Principal Investigators, and has been active in several committees of the American Academy of Allergy, Asthma and Immunology, including the Public Education Committee.

Athena Economides, MD - Prior to joining the Institute for Asthma & Allergy, Dr. Economides held academic appointment at both the University of California, Los Angeles Medical School and at Children's Hospital in Los Angeles, where she developed the Food Allergy Center. Her special interests include food allergy, contact dermatitis and immune deficiencies, and her contributions to medical literature including articles on diagnostics and management of allergic rhinitis, vasomotor rhinitis urticaria and asthma, especially pediatric asthma.

Dr. Economides, a bi-lingual Greek-American, earned a Masters Degree in Child Development prior to attending medical school in Athens, Greece. During her pediatric residency at Harbor-UCLA Medical Center, she was awarded the St. Gem Award (1992) for excellence in research. She then went to complete both a basic science and clinical allergy/immunology fellowship at UCLA.

Dr. Economides is committed to providing medical education for physicians. During her brief tenure at Kaiser in Washington, D.C., she directed a continuing medical education program and currently runs an Allergy-Immunology Journal Club for Washington-area physicians. She regularly contributes to the training of Medical Residents both at Georgetown and Washington Hospital Center and lectures widely on such topics as the evaluation of recurrent infections, anaphylaxis, rhinitis, asthma, and sinusitis.

Huamin Henry Li, MD, PhD - Dr. Li is board certified in allergy and immunology. He received his Allergy and Clinical Immunology training from the Johns Hopkins Asthma and Allergy Center in Baltimore Maryland. Dr. Li has been an Instructor of Medicine (part time) of the Johns Hopkins Hospital since 2001. After he finished his fellowship training and spent one year in a private allergy clinic before joining the Institute for Asthma and Allergy.

Dr. Li received his PhD in Medical Microbiology and Immunology at the University of Texas Medical Branch at Galveston, Texas, where he was awarded the McLaughlin Fellowship Award for excellence in research. Dr. Li has published a number of papers in allergy and immunology, peer reviewed journals, book chapters, and has participated in many clinical trials. He has also served as editor of the current report of asthma and allergy.

Dr. Li is also board certified in Internal Medicine. His Internal Medicine internship and residency were at the Saint Barnabas Medical Center, an affiliate of the Mount Sinai School of Medicine, where he was recognized with awards for his clinical excellence. He has a special interest in hereditary angioedema.

Dr. Li is from China and received his medical degree from the Tianjin Medical College in 1988. He is currently a Fellow of the American Academy of Asthma, Allergy and Immunology, the American College of Asthma, Allergy, and Immunology. He is also a member of the European College of Asthma, Allergy and Immunology; Greater Washington Asthma, Allergy and Immunology Society; and the American Medical Association. He is the current president of the Chinese-American Medical Society Mid-Atlantic Chapter.

Mark D. Scarupa, MD – Dr. Scarupa grew up in Columbia, MD and completed his allergy and clinical immunology training at the Johns Hopkins Asthma and Allergy

Center in Baltimore, MD. While there, he cared for both adult and pediatric patients, and conducted clinical and basic research. His research focused primarily on asthma mechanisms and treatment. He will continue to maintain a part-time faculty position at the Johns Hopkins Asthma and Allergy Center.

Prior to his sub-specialty training, Dr. Scarupa completed his residency in internal medicine at the Washington Hospital Center in Washington, D.C., where in 2002 he was named internal medicine resident of the year. He completed medical school at the University of Minnesota in Minneapolis in 1999 and received a BA in biology from Macalester College in 1992. He also spent three years participating in NIH sponsored asthma research at the University of Minnesota (asthma genetics) and Howard University (inner-city asthma).

Dr. Scarupa is board certified in allergy and immunology as well as internal medicine. He is a member of the American Academy of Allergy and Immunology; and the American College of Allergy, Asthma and Immunology. He has presented research at major national meetings. His interests include asthma, rhinitis, urticaria (hives), food allergy, and medical education.

“All of our esteemed physicians make enormous contributions to the Institute for Asthma & Allergy each and every day and continuously work hard, along with our nurses and staff, to ensure high quality care is given to every patient who walks through our doors,” said Dr. Michael Kaliner, MD, Director of the Institute for Asthma & Allergy. “It is particularly significant to be recognized for this honor because we have been chosen by fellow physicians who have an insider’s perspective about who’s at the top of their profession and who’s up on the latest advances in their field.”

About the Institute for Asthma & Allergy

The Institute for Asthma & Allergy is a unique center located in Wheaton, MD and Chevy Chase, MD, where careful diagnoses, cutting-edge treatments, on-going research, and education of patients are the primary objectives. Its physicians and health care providers devote themselves to teaching and adult patients about their diseases, the underlying causes of their symptoms, the application of the latest treatments and research, and the potential benefits and dangers of these treatments.

Patients with asthma, sinusitis, rhinitis, anaphylaxis, food allergy, drug allergy, angioedema, contact allergy, urticaria, itching, eczema, otitis, IgG and IgA deficiencies, and other immunologic abnormalities are routinely referred to the Institute by both primary care physicians and specialists, particularly when patients require extra care or are difficult-to-manage with standard treatment programs. For more information, please visit <http://www.allergyasthma.us/index.html>.