



It's Open Season on ALLERGIES

Approximately 35 million people in the United States suffer from seasonal allergies. Symptoms of seasonal allergies typically include sneezing; congestion; runny nose; and itchiness in the nose, throat, eyes, ears, or roof of the mouth. Allergy symptoms are frequently triggered by the body's reaction to mold spores and pollen, allergens that float in the air. In an allergic person, the immune system overreacts to the presence of allergens in the body by producing Immunoglobulin E, antibodies that cause cells to release chemicals, triggering an allergic reaction.

Management of Seasonal Allergies

Although there is no cure for allergies, there are precautions you can take to minimize allergy symptoms. According to the American Academy of Allergy, Asthma & Immunology, by taking the following simple steps you can limit your exposure to pollen and molds.

- Stay indoors when pollen and mold counts are reported to be high.
- Keep windows closed at night and use air conditioning instead.
- Avoid hanging sheets, towels and clothing outside to dry.
- Avoid mowing grass and raking leaves since both activities stir up allergens.
- When traveling by car, keep windows closed.
- During the height of pollen season, consider vacationing in a more pollen-free area.
- View updated, local pollen and mold levels from the National Allergy Bureau at www.aaai.org/nab.

Treatment

In addition to limiting exposure to allergens, people who suffer from allergies generally benefit from treatment from an allergist or immunologist. These physicians can provide a diagnosis and treatment plan, and determine whether medication or a series of allergy shots is necessary.

If you suspect that you are suffering from seasonal allergies, consult a physician for diagnosis and treatment options.

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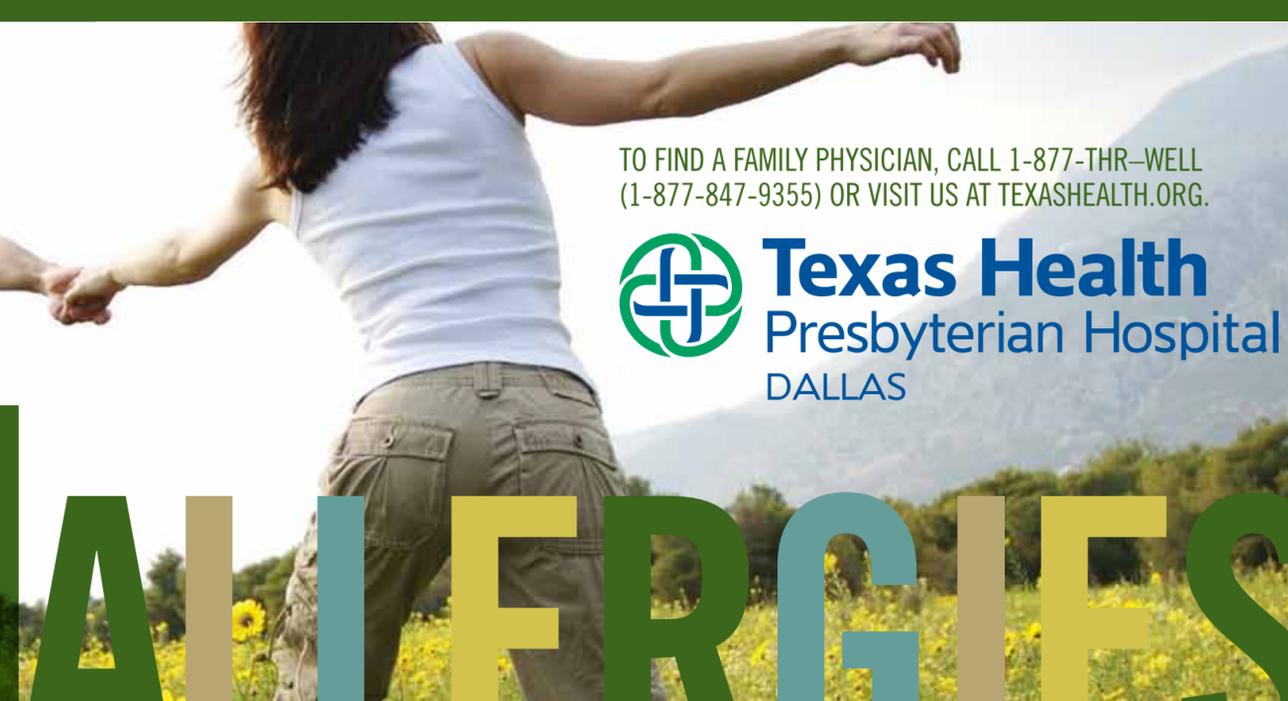
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LIVING WITH

Allergies are the body's physical reactions to inhaled particles called "allergens." Perennial allergies, unlike seasonal allergies, are present during all seasons of the year. Many perennial allergens are the products of substances that break down in your home. Follow the tips below to minimize the presence of allergens in your home.

- Change the sheets and wash all bedding in hot water once a week.
- Enclose mattresses and pillows in zippered, plastic casings.
- Dust and clean household objects frequently.
- Use air conditioners and dehumidifiers to minimize warm, humid air.



TO FIND A FAMILY PHYSICIAN, CALL 1-877-THR-WELL (1-877-847-9355) OR VISIT US AT TEXASHEALTH.ORG.



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