

Center for Allergy and Asthma OF WEST GEORGIA

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Dr Hurwitz providing personal care to one of his patients.

Breathing easy with spring allergies

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The spring allergy season will have already started, with warm weather days resulting in increasing tree pollen counts as early as February, peaking in March and April. However, people with allergies can breathe easy this spring if they know how to take control and some key survival techniques, according to Dr Eugene Hurwitz of the Center for Allergies and Asthma of West Georgia.

"Many of the people who have allergies often unnecessarily suffer during peak seasons," said Dr Hurwitz. "There are a variety of treatment options available to patients with allergies that can control their symptoms and bring relief."

WHAT ARE THE SYMPTOMS OF SPRING ALLERGIES?

Spring allergy symptoms include:

- Runny nose
- Watery eyes
- Sneezing
- Coughing
- Itchy eyes and nose
- Dark circles under the eyes
- Fatigue



SPRING ALLERGY AVOIDANCE

Reducing exposure to the tree pollens that trigger allergy symptoms, can be helpful. Measures include:

- Postpone outdoor activities until later in the morning. Pollens are usually highest between the hours from 5 - 10am
- Know your local pollen count -VISIT CAAWG.COM FOR COUNT
- If possible use air conditioning instead of having windows opened
- When traveling in a car have the windows up and the air conditioning on
- Don't hang your laundry out to dry. Allergens will collect on them
- Do not mow the lawn or rake the leaves without a filter mask
- Wash bedding weekly in hot water
- Shower and wash your hair every night before going to bed



MEDICATIONS TO TREAT ALLERGY SYMPTOMS

Although the symptoms of seasonal allergies can make children and adults feel miserable, there are medications that can help. Some medications are available over-the-counter and some by prescription only. These include:

Antihistamines: Control itching, sneezing and runny nose
Examples over-the-counter- claritin , zyrtec, benadryl, chlorpheniramine ; prescription allegra , xyzal , lodrane and many others - Note- many otc medicines may cause drowsiness

Nasal steroid spray - Control itching, sneezing, runny nose, and congestion. Nasal corticosteroids are the strongest medications available for the preventive treatment of nasal allergies, if used daily can prevent symptoms in many many allergy sufferers.

Other medications include: Eye Drops, Singulair, and anti-inflammatory

ALLERGY SHOTS OR IMMUNOTHERAPY:

If avoidance and medications are not effective, allergy shots as a treatment option are highly effective, particularly for patients who continue to suffer.

FACTS ABOUT ALLERGY SHOTS

- This treatment is more effective and less expensive than relying on medications every day.
- Shots reduce symptoms and related problems such as sinusitis by 80-90%.
- Shots are relatively painless and are effective for both children and adults.



A NEW TREATMENT ALLERGY DROPS- INSTEAD OF SHOTS

- These drops are new available at the CENTER FOR ALLERGY AND ASTHMA
- Allergy drops given under the tongue (or sublingual immunotherapy), are an alternative to allergy shots.
- Allergy drops can be effective for seasonal and year round allergies for children and adults.



• NO WAITING FOR APPOINTMENTS

for new or established patients, we understand the importance of being seen as soon as possible when having sinus allergy and asthma problems

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