



April 28th, 2012

Allergy Attacks

Itchy nose, sneezing and itchy eyes are just some of the symptoms allergy sufferers struggle through during allergy season.

The internet has proved an interesting source of information when it comes to tracking allergy symptoms! Apparently, Google searches for terms such as "sneezing" and "itchy nose" peak during the second week of May, with a second peak in September. When these searches were compared with actual pollen levels, a strong correlation appeared. Similar results have been found in Twitter feeds and Facebook postings.

Red Eyes and Pink Eye

Pink eye is a catch-all term describing, well, reddened, pink eyes. The causes can be numerous and it's important to know what you're dealing with before you treat it. Eyedrops that help "get the red out" can simply mask the problem and allow the situation to worsen.

Pink eye due to allergies respond well to over the counter solutions, but bacterial and viral causes require more aggressive treatments and are extremely contagious.

Immunotherapy

Immunotherapy, or "allergy shots," can help people conquer allergies and improve the control of asthma in others. It involves a series of injections with tiny bits of the allergen on a timetable of up to 3-5 years, but symptoms usually improve significantly in the first year – or may disappear altogether! It seems to trick the body into not recognizing the allergen as an "enemy" anymore.

Dust mites

Do you know who is sharing your bed? Even if you are fanatical about hygiene and cleanliness, you spend every night sleeping with dust mites. Most of us are unaffected by their presence, but those with who are affected by asthma and allergies are very susceptible to worsening of their conditions – due to the feces the mites leave behind. While they may not be completely eliminated, special mattress and pillow cases can reduce their impact.

Don't suffer through another allergy season. Our pharmacist can help you with choose the appropriate protection for your bedding and offer many other tips to reduce your suffering due to asthma and allergies.