

Mayo Clinic News Network

Title: Mayo Clinic Minute: Surviving seasonal allergies Date: March 27, 2017

Intro: Spring is officially here and, depending on where you live, many Americans are already officially sniffing with seasonal allergies. An estimated 30-percent of adults and 40-percent of children are affected by so-called nasal allergies. In actuality, the entire respiratory tract is getting in on the act.

“Proteins on pollens can trigger an inflammatory cascade, starting with the nasal passages, the sinuses, the throat, the trachea, and, of course, the lungs and the airways,” says Mayo Clinic allergy and immunology expert, Dr. Rohit Divekar. “It can have serious consequences, particularly if you have other health issues.” Dennis Douda shares some of Dr. Divekar’s advice.

Video

Audio

Total running time [1:00]	///VIDEO
Dennis Douda speaking	The end of winter in many parts of the country brings the start of a three-season onslaught of allergy triggers. Spring brings tree pollen, Summer-grass pollen, Fall-ragweed. The impact might be mild discomfort or misery.
TITLE: Rohit Divekar, M.B.B.S., Ph.D. Allergy and Immunology Mayo Clinic	“But if they have allergen-induced asthma, then walking into a field that has ragweed in it would potentially trigger an uncontrolled attack of asthma, which could be life-threatening.”
Dennis Douda speaking	Dr. Rohit Divekar says step one – reduce your exposure. Limit outdoor time when pollen counts are high. Shower before bedtime to rinse pollen away. It helps to know what you’re allergic to.
Dr. Rohit Divekar speaking	“Don’t try to mow the yard if we know you are extremely allergic to the grass pollen.”
Dennis Douda speaking (GRAPHIC) <u>TREATMENT</u> Over-the-counter remedies Prescription medication Allergy shots/immunotherapy	Patient history, a physical exam and allergy tests yield a proper diagnosis. Relief can be as simple as over-the-counter remedies or prescription meds. To treat more than just symptoms, allergy shots retrain the immune system.
Dr. Rohit Divekar speaking	“And that training comes through by introduction of the thing that you’re allergic to, in gradually increasing doses.”
Dennis Douda speaking	For the Mayo Clinic News Network, I’m Dennis Douda.

Anchor tag: A few other tips to try: Change pillow cases often to remove pollen left by your hair. Don't take your outdoor clothes into the bedroom, which tracks in pollen. Special filters in central air conditioning systems can help remove pollen from indoor air. You can even wipe your pets with a damp cloth when they come in from outside, to remove pollen from their fur.