

Mayo Clinic Minute

Avoid holiday allergy issues

VIDEO	AUDIO
	Often the center of the celebration, the Christmas tree can also be the reason for your sneezing.
Dr. Rohit Divekar	“You can get runny nose, congestion.”
	Mayo Clinic allergic diseases specialist Dr. Rohit Divekar says that’s because trees can carry allergens like mold and dust.
Title: Rohit Divekar, M.B.B.S., Ph.D. Allergic Diseases Mayo Clinic	“You can also have lower respiratory symptoms. And these can manifest in wheezing, cough, chest tightness – especially if you have asthma.”
	<i>Sound of a fire crackling</i>
.	The smoke from a crackling fire can cause similar problems for a person with asthma.
	<i>Sound of a lighter being struck to light a candle</i>
	Even scented holiday candles can make some people uncomfortable.
Dr. Rohit Divekar	“And it does trigger symptoms, although not necessarily allergic in nature.”
	On the other hand, nuts and other ingredients baked into holiday treats can cause a serious reaction for a person with a food allergy. Dr. Divekar’s advice ...
Dr. Rohit Divekar	“... I would recommend making sure you have your medications up to date – you have your prescriptions with you, especially the rescue medications.”
Dr. Rohit Divekar	“And, be a little more careful as to what you eat or what you’re exposed to, and that will go a long way in making sure your holidays are full of fun and happiness.”

For the Mayo Clinic News Network, I'm Jeff Olsen.