

Advancements in Allergy and Asthma Care, Ltd.

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POLLEN ALLERGIES

Pollen, a very common allergen, is the cause of “seasonal allergic rhinitis” or “hay fever”. During the seasons when plants are pollinating, people who are sensitive will develop allergic reactions. Most pollens are light enough to be windborne and can penetrate anywhere, indoors and out. The hay fever season can be a different time of year for different people. This is because trees, grasses, and weeds produce pollens during different seasons.

Symptoms from pollen allergies include a stuffy and watery nose, redness, swelling and itching of the eyes, nose, throat, mouth, and ears.

By avoiding substances that cause reactions, it is possible to control hay fever. You can still enjoy times of high pollination by using a few simple precautions:

1. Keep windows closed and run the air conditioner.
2. Clean or replace air conditioner filters regularly.
3. Avoid exercising outdoors especially during the early morning hours when pollen counts are highest.
4. Use a clothes dryer instead of drying your clothes outdoors.
5. Take a shower and wash hair each night. This will remove pollen, keeping it off your pillow.
6. Wear a pollen and dust mask when working in the yard and garden.
7. Keep the landscaping around your home neat and tidy as pollen and mold will accumulate on weeds and other debris.
8. A HEPA air purifier may help eliminate pollen indoors.
9. A HEPA filter vacuum cleaner may be helpful in removing airborne pollen as part of house dust.