

Asthma & Allergy

What are allergies? Allergies occur when the body's immune system overacts to an allergen. Allergens may be inhaled, eaten or come into contact with your skin. Some common allergens are pollens, molds, animal dander and saliva, chemicals, foods, medicine and venom from insect stings. Common symptoms are sneezing, runny nose, burning, watery and itchy eyes and headaches. The best treatment is to avoid the allergen. You can also consult your health care provider or pharmacist to discuss medications for treatment.

May is asthma and allergy awareness month. Asthma is a disease resulting in an over-reactive airway. The over-reaction is triggered by things like viruses, smoke, pollen and odors. Common signs are shortness of breath, coughing, wheezing and chest tightness. Asthma can be controlled with appropriate treatment like knowing your triggers, stay away from things that make your asthma worse, follow the directions of your health care provider and watch for early symptoms and respond quickly. (Source: aafa.org)

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