

## Is Sinus Congestion, Chronic Cough or a Runny Nose Keeping You from Enjoying the Things You Love To Do ?

### You may be suffering from Seasonal Allergies

#### About Allergies

It is estimated that 50 million people in the U.S. suffer from allergies significant enough to seek medical treatment. Allergies occur when your immune system overreacts to something in the environment that is normally harmless. This hypersensitive reaction causes the body to produce histamine. Histamine is the chemical in your body which causes your allergy symptoms such as watery, itchy eyes, congestion, chronic cough, sneezing and throat irritation. Finding out what you are allergic to, or what is causing your body to produce excess histamine, is the first defense in combating allergies.



#### Easy Allergy Testing

- The allergy test is a simple skin test performed in our office.
- Testing is quick, easy and needle free. The entire process takes about 30 minutes.
- We test for 38 allergens specific to this area. Some of them include: grass, trees, weeds, dust, cats, dogs and more.
- Using the latest technology we can help you determine those substances causing you to suffer.
- The test is administered using four 10 pronged devices with small amounts of serum on the prongs. This serum is deposited on the skin by pressing and rocking the device. Most relate this feeling to being equal to a hairbrush scratching their skin.
- Positive results are indicated by the amount of redness, swelling, and itching of the surface being tested.
- After your results are reviewed a personalized treatment plan will be discussed.
- Allergy testing and treatment is covered by most insurance plans.

#### Allergy Treatment

Below are three ways to treat allergies:

**Elimination** - This is the most effective treatment as well as the most difficult. By completely eliminating the offending substance you will eliminate the inappropriate response from your immune system. This is obviously very difficult and more often, impossible.

**Medication** - Taking antihistamines and nasal steroids can be helpful in reducing symptoms. Medication should be used primarily by those who suffer occasionally and not by those with chronic problems. Over the counter and prescription remedies do not attack the root of the problem and have temporary results. Prolonged use of these drugs is not recommended.

**Immunotherapy** - When chronic allergic sensitivities are unresponsive to medication allergy shots should be considered. Shots offer the only permanent solution to the symptoms caused by an overactive immune system. Immunotherapy works similar to a vaccine. A small amount of the offending substance is injected to help your body build up resistance to the allergen. Immunotherapy is the only treatment offering long-term results and can eliminate dependence on medication.

**Allergy Testing pinpoints your specific sensitivities. Each patients medication is custom formulated.**