



CAROLINA
EAR NOSE & THROAT
HEAD AND NECK SURGERY CENTER, P.A.

SINUS & ALLERGY INSTITUTE

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AUTUMN ALLERGIES



There is unique history related to fall allergies. Hay Fever is a term that was created to describe severe allergy symptoms during hay harvesting season, which is in the fall. The pollens that were in the air at that time actually caused the allergy symptoms. Ragweed is a common cause of hay fever, which is also known as allergic rhinitis. The plant usually begins to pollenate in mid-August and may continue to be a problem until a hard freeze. This year's ragweed season started even earlier.

Back to school can mean back to school allergies. Kids are often exposed to classroom irritants and allergy triggers. These can include chalk dust and classroom pets, as well as dust mites or mold.

Students with food allergies may also be exposed to allergens in the lunch room. Help your child understand what can trigger their allergies and asthma, and how they can avoid symptoms. Be sure to notify teachers and the school nurse of any emergency medications, such as quick relief inhalers and epinephrine.

Leaf removal during the fall can also pose problems. Raking can stir agitating pollen and mold into the air, provoking allergy and asthma symptoms. Individuals with allergies should wear an NIOSH rated N95 mask when raking leaves or mowing the lawn.

If your allergies are difficult to control, look to your team at Carolina Sinus & Allergy to help manage your allergy and asthma symptoms so you can enjoy the beauty of autumn.

FOOD ALLERGIES KNOWLEDGE IS POWER

Food allergies in people can vary, but there are some important things to keep in mind. More than 170 foods are known to cause IgE mediated food allergies. In the United States, the following eight foods or food groups account for 90% of serious allergic reactions: milk, eggs, fish, crustacean shell fish, wheat, soy, peanuts, and tree nuts. Federal law requires food labels in the United States to clearly identify the food allergen source of all foods and ingredients that are (or contain any protein derived from) these common allergens.





Nail Biting May Help With Allergies

Many of us got into the habit of biting our nails as children. That can be a habit that is hard to break! After a close look at how allergies develop in our bodies, some researchers decided to take a closer look at children who bite their nails to see if that habit might somehow affect their chance of developing allergies. A new study published in *Pediatrics* found out the long way. The study followed 1,037 participants from childhood to adulthood. These subjects were born in Dunedin, New Zealand, between 1972 and 1973, and were followed up on every odd year (age 3, 5, 7, etc.) until age 21, then at ages 26, 32, and 38 years.

The results show that those participants who couldn't keep their fingers out of their mouths as children did indeed benefit from their dirty habits. Around a third of the children in the study sucked or bit their fingers habitually. When the kids were skin-prick tested at age 13, the nail suckers and biters were less likely to have allergies. "This apparent protective effect persisted to age 32 years," says the study. Further, kids who enjoyed both habits were more "protected" than those who indulged in just one. Interestingly, there was no effect on hay fever or asthma one way or the other.

The report also mentions another study which found that children were less likely to develop asthma and eczema if their mothers "cleaned" their pacifiers by sucking them.

The conclusion, then, is that eating all that extra dirt and filth may indeed increase microbial exposure, and therefore increase the diversity of the child's microbiome, which is to say that a 30-odd-year-long study just confirmed a piece of folk wisdom.

Dog Breeds Least Likely To Cause Allergy Symptoms

- Bedlington Terrier
- Bichon Frise
- Chinese Crested
- Irish Water Spaniel
- Kerry Blue Terrier
- Xoloitzcuintli
- Maltese
- Poodles (toy, miniature, standard)
- Portuguese Water Dog
- Soft Coated Wheaten Terrier
- Schnauzers (miniature, standard, giant)

ALLERGY FUN FACT



Food Allergies and Eating Out: Balancing the Risk



Recently, there have been a lot of stories in the news about restaurant diners developing severe allergic reactions during their meal. If you or a family member has significant food allergies, extra thought and care needs to be the rule when dining away from home in a restaurant. The risk of accidental exposure to offending foods is increased, but there are some steps to take to lower that risk. The first step to take is to plan ahead. Specifically, check the restaurant's menu and allergy policy on their website. Additionally, if there is a specific dish that is desired, call ahead and speak with the chef or manager about specific ingredients as well as methods of meal preparation. A final way to lower risk is to try to dine during non-peak hours, thus lowering the risk of cross contamination between foods. What about at the restaurant? What steps can be taken to protect you or your family member? Make sure to tell the restaurant staff about your food allergies - server, manager, and/or chef. Ask about ingredients while there, and follow the food allergy rule - "If in doubt, do without." Finally, be prepared in case of emergency by making sure you have an epinephrine auto injector (EpiPen), and tell your friends about your allergies and how to help you. Plan ahead, communicate, and bon appétit!

BACK TO SCHOOL: AFFORDABLE, NUTRITIOUS, & DELICIOUS ALLERGY-SAFE SNACK

Fiesta Dip

Gluten free. Dairy free. Nut free.

Ingredients

- 1 medium head cauliflower, cut into florets
- 1 teaspoon kosher salt + one pinch (divided)
- 3 ripe avocados
- ¼ cup fresh cilantro, chopped
- ¼ cup red onion, finely chopped
- 1 jalapeño pepper, finely chopped
- 1 medium tomato, finely chopped
- Juice of two limes (about ¼ cup)

Directions

- Fill the bottom of a stockpot with 2 inches of water. Bring to a boil. Add cauliflower florets, cover and steam for 7-8 minutes until tender. Remove from heat. Drain, return to pot and mash with a potato masher to desired consistency. Set aside to cool to room temperature, or refrigerate until ready to use.
- Meanwhile, halve, seed and scoop flesh from avocado into a large mixing bowl. Add cilantro, red onion, pepper, tomato and a pinch of salt to taste. Mash with a potato masher or fork to desired consistency.
- Stir in cauliflower and lime juice. Mix well and adjust seasoning.
- Serve with corn tortilla chips.



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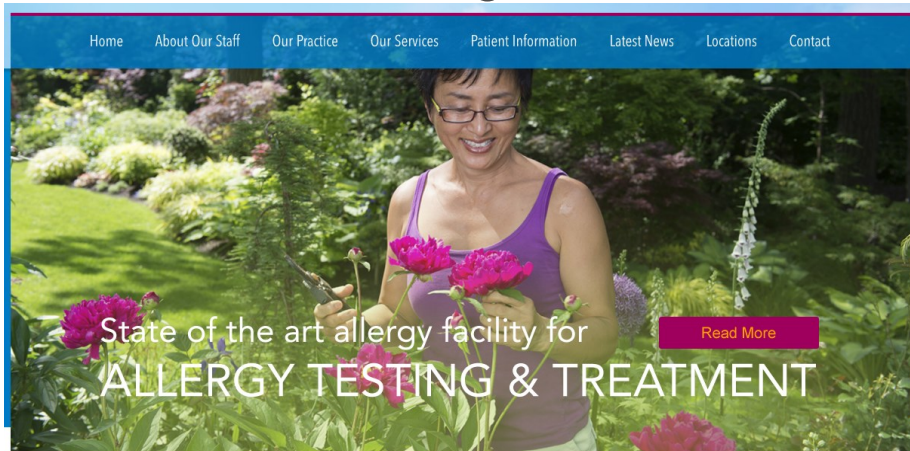
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Enjoy Access to:

- Our allergy newsletters
- Our PATIENT PORTAL
- Information on allergy testing and treatment
- Frequently asked questions and more...

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