



# Learn

CAROLINA  
SINUS &  
ALLERGY NEWS

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## OUR ALLERGY HEALTHCARE TEAM:

READY TO WORK WITH YOU TO CONTROL YOUR  
SINUS AND ALLERGY SYMPTOMS

## ★ SPRING Forward to Good Health ★

### Rising Pollen Levels Can Affect Your Response To Shots

What a beautiful and exciting time of year! Temperatures are rising, clocks move forward, and trees are budding. As spring begins, pollen levels also begin to rise.

Our patients taking allergy shots can be in a unique situation. Because they have an increased exposure to pollen,

they may have increased allergy symptoms - sneezing, itchy eyes or nose, and nasal congestion among other symptoms. Patients may also have an increased chance of reacting to their allergy shots. It is always important, but even more so during high pollen seasons, to consider a daily nonsedating antihistamine. At a minimum, taking an antihistamine prior to receiving shots is prudent.

Don't let the pollen explosion outside cause your allergy symptoms to blossom!!

### RESOLVE TO GET BETTER

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Carolina Sinus & Allergy

HERE TO HELP



# 2013

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# Allergies

## Tips for Control

## 1. Avoid Allergens

Keep windows closed. Limit outdoor time when pollen counts are high.

## 2. Wash, Wash, Wash

Take a shower when returning from prolonged time outdoors. Wash bedding, pajamas, and clothes as often as possible.

### 3. Saline nasal spray

Nasal saline spray irrigations can help reduce nasal congestion and remove allergens that end up in your nose.

#### 4. Allergy Medicines

Pre-treating yourself with non sedating antihistamines prior to outdoor activities. Discuss different types of non addictive nasal sprays with your doctor. These are a great way to minimize nasal symptoms.

OUR GOAL : TO PROVIDE  
THE BEST ALLERGY CARE



## ALLERGY SPOTLIGHT: MAINTENANCE DOSE

You may hear your doctor or allergy technician talking about your maintenance dose. What exactly is it, and why is it important? A maintenance dose is not the same for every patient, and is not a specific numerical dose goal, but instead the highest dose a patient can tolerate without reaction. This dosing level is important because it allows the best chance for prolonged symptom relief sooner, and for a longer period once shots can be decreased in frequency or stopped. Just like your car, MAINTENANCE is the key!!

# ALBUTEROL INHLAER

1. Shake canister well
2. Uncap mouthpiece, put mouthpiece into mouth and close your lips.
3. Breathe in slowly while pushing down on canister.
4. Hold breath 10 seconds, exhale, and clean inhaler.

## ALLERGY Rx SPOTLIGHT: ALBUTEROL

Albuterol is an inhaled medicine that improves airflow in the lungs by relaxing muscles that control how open the airways are. Brand names include *Accuneb*, *ProAir HFA*, *Proventil*, *Proventil HFA*, *ReliOn Ventolin HFA*, and *Ventolin HFA*. This inhaled medication helps treat or prevent reversible airway obstruction (for example, asthma or exercise induced asthma).

There are some reasons Albuterol may not be used. Some of these include: allergy to Albuterol, heart problems (for example, congestive heart failure or heart rhythm disorders), high blood pressure, seizure disorder, diabetes, or overactive thyroid. Talk with your doctor to ensure that Albuterol use is appropriate in your particular situation.

Albuterol is important in asthma management, and is considered a rescue inhaler that is helpful for intractable cough, wheezing, and shortness of breath among other symptoms. Make sure you understand its role in your care if it has been prescribed for you.

FOOD ALLERGY	FOOD ALLERGY	AWARENESS WEEK	MAY 13 - 18
<p>A food allergy is an abnormal response by the immune system to a food protein. When the offending food is eaten, the immune system thinks the food is harmful and attacks by releasing histamine and other chemicals. The best strategy is strict avoidance of the problematic food.</p>	<p>90% OF U.S. FOOD ALLERGIES CAUSED BY:</p> <p>MILK    WHEAT EGGS    SOY</p> <p>PEANUTS TREE NUTS FISH    SHELLFISH</p>	<p>FACTS</p> <p>4% of U.S (12 million people) have a food allergy</p> <p>Children are the largest group</p> <p>4% - 6% of children have a food allergy</p>	<p><u>STEPS TO TAKE</u></p> <p>VIGILANT LABEL READING</p> <p>CAREFUL FOOD PREPARATION</p> <p>BE PREPARED FOR AN ALLERGIC REACTION</p>

### Hickory Pollen Allergy

Hickory pollen allergy is usually worst in April or May. Hickory trees, including shagbark and shellbark species, produce large amounts of wind borne pollen, causing symptoms even for allergic patients who do not live near hickory trees.

Per the National Institutes of Health, the highest pollen counts occur in the morning between 5AM and 10AM. Hot, dry and windy days are also worse for these patients. Symptoms often drop after a significant rain.

Symptoms may include itching of the face, ears, nose, mouth, or throat. The eyes are very susceptible to tree pollen, with red, tearing eyes and swollen eyelids possible.

Inhaling pollen can affect any part of the airway, from the nose to the lungs. Nasal congestion and sneezing often occur. Patients who have asthma have a higher chance of asthma attacks as well.

If you have a lot of these symptoms in the spring, you may be suffering from hickory pollen allergy. Talk with us about ways to help.

### The BERMUDA Triangle

There are thousands of grass species, but only a few cause allergies. Bermuda grass is definitely one of them.

There are 3 areas that often show symptoms. (1) Head and Neck: nasal congestion, sneezing, itching, watery eyes (2) Skin: irritation, redness, itching, rashes (3) Lungs: cough, wheezing, even a severe asthma attack

Grass pollen is especially high in the summer. As with tree pollen, the highest pollen counts are in the morning and during periods of little rain.

If you are allergic, it is best to avoid mowing grass. Alternatively, if you must mow, make sure to wear a protective mask. Avoid the triad of areas that bermuda grass may affect by limiting your exposure.



For indoor allergies, establishing a weekly cleaning routine is important. Use a damp mop for wood or linoleum floors. Use a damp cloth to clean door jambs, window sills, and window frames. Change or clean HVAC filters monthly. Be sure to wear a dust mask if you have allergies and are performing these tasks!

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## OFFICE LOCATIONS

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*Alternaria* –  
microscopic view

### MOLD OF THE MONTH

*Alternaria* is a well recognized cause of mold allergy. There are 40 - 50 species present, and these can be found in plants, soil, food, and indoor and outdoor air. If present in indoor air, the likely source is organic materials in damp situations, including textiles, stored foods, cardboard, and electric cables, among other sources. In outdoor air, *Alternaria* spores are found in high numbers in the summer.

*Alternaria* is an important allergen, with both spores and mycelial fragments causing rhinitis and bronchial asthma in allergic patients. 70% of mold allergic patients have *Alternaria* sensitivity on skin testing. Prolonged heavy exposure can cause similar allergic symptoms as cat dander and dust mites, both of which are highly sensitizing for allergic patients.

healing

STRIVING EVERY DAY TO IMPROVE  
THE SINUS & ALLERGY HEALTH OF  
OUR PATIENTS

YOU HAVE A CHOICE IN ALLERGY CARE.  
THANK YOU FOR ENTRUSTING YOUR  
CARE TO CAROLINA SINUS & ALLERGY.



A Division of Carolina Ear, Nose & Throat  
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