



# Sinus & Allergy Health

SPRING 2020

## SPRING - THE SEASON FOR SNEEZING

Trees have already begun budding, and the presence of tremendous amounts of tree pollen signifies the beginning of spring. There can be so much pollen, with such vibrant colors, that it can accumulate along sidewalks and on cars. Tree pollen is beautiful, but can be problematic for allergy and asthma sufferers.



Talk with one of our Carolina Sinus & Allergy team about options to control your symptoms. Avoidance or limitation of exposure to pollen, targeted and customized medical therapy, and immunotherapy are all viable options. Also, don't forget that related allergic problems, such as asthma, are worse for many during this time. As spring is ushered in, work with our team to make this time of year your best time of year!

### **Nasal Congestion: A Common Symptom and Options for Relief**

While allergy treatments can help affected patients, there are also some common office and operative procedures that can help alleviate symptoms as well and substantially improve patients symptoms and quality of life. Nasal congestion is often separated into stuffiness that comes and goes or symptoms that are constantly present. The nasal septum is often responsible for more fixed obstruction and the turbinates and soft tissue swelling inside the nose more often contribute to variable degrees of stuffiness (sometimes worse at night when laying flat or when exposed to lots of allergens).

If medications don't work or aren't preferred, common procedures can help with symptoms! Septoplasty involves straightening a deviated septum and is typically performed in the operating room with anesthesia. Other procedures involve reducing the size of the inferior turbinates, and in some cases can be done in the office. There is also a procedure that can help with chronic nasal drainage. Our goal is to get you breathing easy again. Please don't hesitate to ask our experts if one of these procedures might be right for you.

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## EXERCISING WITH ALLERGIES

As the weather warms, it is exhilarating to shift your daily exercise routine from inside to outside. Here are some tips to consider to assure you can stick to your exercise regimen during pollen season.



- **Consider The Weather** If it is dry and windy, you should opt for the indoor treadmill. During high pollen season, the best time to exercise outdoors is during or right after the rain.
- **Consider The Time Of Day** In addition to staying out of peak sun, early morning affords the added benefit of dew to keep the pollen at bay.
- **Consider The Type Of Exercise** Outdoor yoga is easier than something more strenuous like long runs or crossfit. Consider your options to maintain your regimen during allergy season. Remember to shower immediately after exercise to get any lingering pollen off your skin and hair. Consider using nasal saline spray or rinse after outdoor exercise during pollen seasons to remove allergens from your nose.
- **Pollen Exposure Can Trigger Your Asthma** Exercise-induced asthma is caused by a narrowing of the airways in the lungs that is triggered by strenuous exercise. It can cause shortness of breath, wheezing, coughing, and other related symptoms caused by bronchoconstriction. Consider some preventative measures such as using your asthma medications (short-acting beta-2 agonists such as albuterol inhaler) 10 minutes prior to exercising. These medications can help prevent the airways from contracting.
- **Try To Avoid Lawn Mowers** While you may wish to use this tip to get out of mowing your own lawn, lawn mowers kick up a lot pollen and even mold, you should try to steer clear where possible, even if it is just crossing the street.

## ALLERGY RECIPE CORNER

### Banana Bread (Egg, Gluten, Nut, Milk Free)

#### Ingredients:

- 1/3 cup margarine
- 1 cup sugar
- 1/3 cup water
- 1 1/2 cup mashed banana
- 1/4 cup water
- 2 Tbsp Ener-G Egg Replacer mixed with 1/4 cup water
- 1 tsp baking soda
- 1/4 tsp baking powder
- 1 tsp xanthan gum
- 1 2/3 cup gluten-free flour mix
- 2 tsp cinnamon (optional)
- 1/2 cup add-ins (raisins or choc chips) (optional)

#### Instructions:

Cream together margarine and sugar. Stir in 1/3 cup water and banana. Mix 1/4 cup water with Egg Replacer to equal 2 eggs and add. Stir in dry ingredients. Stir in add-ins if using.

Bake in small greased loaf pans (8 loaves to a muffin tin pan) at 350 °F for 35 minutes. Or bake in muffin tins for 18-20 minutes.



## WHAT IS ORAL ALLERGY SYNDROME?



Oral allergy syndrome, also known as pollen-food syndrome, is caused by cross-reacting allergens found in both pollen and raw fruits, vegetables, or some tree nuts. The immune system recognizes the pollen and similar proteins in the food and directs an allergic response to it. People affected by oral allergy syndrome can usually eat the same fruits or vegetables in cooked form because the proteins are distorted during the heating process, so that the immune system no longer recognizes the food.

The onset of oral allergy syndrome typically occurs in older children and young adults who have been eating the fruits or vegetables in question for years without any problems. Those with oral allergy syndrome typically have an allergy to birch or grass pollen in the Spring or ragweed pollen in the Fall, and symptoms are worse when pollen counts are high for these specific allergens. Common cross-reactivities are as follows:

- Birch pollen: apple, almond, carrot, celery, cherry, hazelnut, kiwi, peach, pear, plum
- Grass pollen: celery, melons, oranges, peaches, tomato
- Ragweed pollen: banana, cucumber, melons, sunflower seeds, zucchini

Symptoms of oral allergy syndrome include itchy mouth, scratchy throat, or swelling of the lips, mouth, tongue, and throat. Itchy ears are sometimes reported. The symptoms are usually confined to one area and do not normally progress beyond the mouth. Because the symptoms usually subside quickly once the fresh fruit or raw vegetable is swallowed or removed from the mouth, treatment is not usually necessary.

Diagnosis of oral allergy syndrome is primarily by patient history, but allergy testing and food challenges can confirm the diagnosis when necessary. If you have concerns or questions about oral allergy syndrome, make an appointment to further discuss this condition with your allergy doctor at Carolina ENT Sinus and Allergy Center.





**Did you know we are an active research institution?**

Partnering with Wake Forest, our practice is collecting information through the development of an anonymous patient registry. We are actively studying ways to provide you the highest quality, lowest cost and best experience to maximize the value of your allergy care.



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 3 Convenient Locations

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- Information on allergy testing and treatment
- Frequently asked questions and more...



An allergy is an exaggerated response from your immune system to a normally harmless substance. Common allergens (the name given to these trigger substances) include pollen, mold, dust mites, pet dander, food and chemicals. Allergies affect about one out of every five Americans.

**What Causes Allergies?**

Your immune system is your body's first line of defense against germs and bacteria. Comprised of cells, proteins, tissues and organs, it is essential in maintaining your health and preventing infections. When a threat is perceived, the immune system responds by attacking the substances that are invading the body.

Allergies are the result of the immune system responding in an over protective

**Contact Us Today!**

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