



Is It **Seasonal Allergies** or Something Else?

Nasal congestion. Runny nose. Sneezing. These are common symptoms of allergenic rhinitis, also known as seasonal allergies or hay fever. Unfortunately, they can also be symptoms of chronic nonallergenic rhinitis or the common cold.

Understanding the differences between seasonal allergies and other conditions—while acknowledging that there are certain similarities—can help you get a better sense of what medical issue you may have.

Discover the Differences

Generally speaking, symptoms associated with each condition are as follows:

- 1. Seasonal allergies** typically cause itchy and watery eyes, runny nose, sneezing and congestion in patients of all ages.
- 2. Chronic nonallergenic rhinitis** symptoms are mostly the same as seasonal allergies, but they occur year-round, primarily affect people after age 20 and don't include itchy eyes.
- 3. Common cold** symptoms are similar to seasonal allergy symptoms minus the itchy eyes, but they may also include fever, body aches and a sore throat.

Another one of the biggest differences between seasonal allergies and the others? Seasonal allergy symptoms generally are the same from year to year. Any significant change in symptoms from what you normally experience should prompt you to seek medical attention just to be on the safe side.

If you or someone in your family has been struggling with what you think are allergy symptoms, our expert team can help. Take the first step to finding relief by calling (828) 322-2183 today to schedule an allergy consultation.



Comprehensive Allergy Testing & Treatment

Understanding which allergens trigger your symptoms is the key to getting them under control.

Testing, Testing

- 1. Skin prick testing for environmental allergens** involves placing a small drop of an allergen extract underneath your skin's surface to see if you develop a positive reaction. Your doctor may also use a blood test to confirm the skin test results.
- 2. Blood testing for food sensitivities** can pinpoint which foods cause your uncomfortable symptoms.
- 3. Treatment Options** First-line treatment includes over-the-counter and prescription medications, as well as avoiding the triggers responsible for your symptoms.

People with allergies who don't respond to medical treatment may find relief from immunotherapy, a method of building tolerance to an allergen by introducing it to the body in small doses over time.

Immunotherapy is available as allergy drops or shots.

- 1. Allergy shots** 1) are appropriate for patients six years and up, 2) require injections for a three- to five-year period, 3) include in-office administration with a 20-minute observation period and 4) are subject to insurance coverage.
- 2. Allergy drops** 1) are appropriate for patients of all ages, 2) are placed under the tongue, 3) may be administered at home and 4) are taken for a three- to five-year period.

Three Myths About Allergy Testing & Treatment

"Allergy testing is painful." **FACT:** Most patients say testing is quick and relatively pain-free.

"I'll have to get allergy shots to feel better." **FACT:** Our allergy team determines your treatment based on your unique needs, and immunotherapy is only one option.

"I can put up with hay fever. I don't need treatment." **FACT:** While hay fever may seem like a minor annoyance, leaving it untreated can make you more susceptible to sinus infections and trigger or worsen asthma symptoms.

Ready to schedule your test? Call (828) 322-2183.

Take Control of Your **Chronic Cough**

It can be easy to think of a cough that won't go away as no big deal.

But the truth is that a cough that lasts longer than eight weeks in adults and four weeks or more in kids isn't normal—especially if it disturbs your sleep, affects your performance at work or school or brings up phlegm or blood.

A chronic cough is usually a symptom of an underlying medical problem.

Common causes include postnasal drip, infection after a cold or flu, asthma, GERD, COPD, air pollution or blood pressure drugs.

At Carolina ENT, our team of experts works together to get to the root cause of your chronic cough and provide the appropriate treatment to get you back to feeling your best.

In addition to our top-notch ENTs, we also have a chronic cough expert on staff—speech-language pathologist Aimee Perkins—specializing in chronic cough evaluation and treatment. She utilizes best practices at every step to ensure successful outcomes for our patients.

Tips From the Pros

Here are a few things you can do at home or between doctor's visits to help your chronic cough.



Quit smoking or avoid secondhand smoke

Smokers and those exposed to secondhand smoke are at risk for chronic cough.



Drink a soothing throat tea with honey

Warm liquids soothe the throat; honey can help loosen a cough.



Use vocal exercises

Aimee can teach you easy ways to lessen your cough.

**Don't put up with a chronic cough.
Contact our team by calling (828) 322-2183.**



Want to Know More About **Allergies?**

If you're looking for additional details about allergies, never fear.

OUR WEBSITE IS HERE!

You'll find a wealth of information on allergy symptoms, types, testing, treatment and FAQs; asthma; and pediatric allergy and sinus. Go to carolinaearnosethroat.com and select the Sinus & Allergy dropdown to start exploring.

Here are a few other websites our allergy team recommends if you're looking for credible, up-to-date information about allergies.



Allergy & Asthma Network

This organization unites and advocates for the 60 million Americans with asthma, allergies and related conditions. allergyasthmanetwork.org



Food Allergy Research & Education (FARE)

FARE supports people of all ages with food allergies by offering education and community. foodallergy.com



WebMD Allergy Resource Center

Get tools, support and resources on how to live well with allergies, plus find the latest in allergy news. webmd.com/allergies/

Thank you for trusting Carolina ENT with your care.

If you need support for any ear, nose or throat concern, please get in touch with us today!

www.carolinaearnosethroat.com

(828) 322-2183

Three convenient locations

Hickory

304 10th Avenue NE
Hickory, NC 28601

Lincolnton

1446 Gaston Street, Ste. 101
Lincolnton, NC 28092

Morganton

149 W. Parker Road, Ste. C
Morganton, NC 28655



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