

Ask an Expert: How Do I Cope With **INDOOR** Allergies This Summer?



Q: *My allergies are pretty awful right now—even when I’m indoors! Aside from taking my OTC meds, is there anything else I can do to get them under control? — Claire, a Carolina ENT Patient*

A: *Environmental allergens lurking in your home can cause symptoms to flare. We recommend using these easy cleaning tips to get rid of any unwelcome allergen house guests.*

To Manage Pet Allergens:

- Keep the pets out of the bedroom and off upholstered furniture.
- Use a double- or micro-filter bag in your vacuum, and try to vacuum at least once a week.
- Use HEPA air cleaners to help remove allergen particles from the air.

To Control Mold and Mildew:

- Use dehumidifiers or exhaust fans to reduce the humidity in your home.
- Avoid leaving damp clothes in the washing machine.
- Run a cup of vinegar through a regular cycle on your dishwasher every four to six weeks.

To Reduce and Manage Dust/Dust Mites:

- Enclose mattresses, box springs and pillows in allergen-proof covers to avoid inhaling allergens while sleeping.
- Wash bedding and mattress pads weekly in hot water that is at least 130° to kill dust mites.
- Dust with a damp cloth, as dusting with a dry cloth spreads dust in the air.

Another pro tip: *Remember to wear a dust mask while cleaning to avoid inhaling allergens.*

Ensuring your space is as allergen-free as possible will help with symptom control, but talking to your doctor about adjusting your allergy management plan is also a good idea, especially if your current medications aren’t working well.

—Your Carolina ENT Allergy Team

Immunotherapy (allergy shots or drops) is a highly effective, proven treatment for finding relief that may be right for you. To find out, call us today.



CAROLINA
EAR NOSE & THROAT
SINUS AND ALLERGY CENTER, P.A.

Put Your Food Sensitivities to the Test



From juicy strawberries to freshly caught seafood, summer is bursting with a bounty of delicious seasonal flavors to savor.



While these foods may make your tastebuds happy, they can be hard on your body, creating an inflammatory response and causing uncomfortable symptoms, such as:

- Gastrointestinal issues
- Headaches
- Hives, eczema and rashes
- Congestion
- Fatigue, anxiety and irritability
- Brain fog
- Joint and muscle pain

It can be challenging to pinpoint what foods you're sensitive to because:

1. Symptoms can appear anywhere from hours to days after you eat a trigger food.
2. Symptoms often depend on the amount you eat of the food (you may be able to eat a couple of strawberries and be fine, but eating half a dozen will make you feel sick).

The Fast, Easy Way to Find Your Hidden Triggers

The mediator release test (MRT) is a simple blood test that identifies your reaction to 140 foods and 30 food chemicals by measuring the number of mediators (proinflammatory chemicals that cause unpleasant symptoms) released and the resulting changes in white blood cells.

The test pinpoints which foods are and aren't causing you trouble and ranks them as highly reactive, moderately reactive, low reactive or nonreactive.

Is the MRT Test Accurate?

A blinded peer-reviewed scientific study showed **MRT to have the highest level of accuracy** of any food-sensitivity blood test on the market (94.5% sensitivity and 91.8% specificity).¹

**DON'T LET FOOD SENSITIVITY TRIGGERS SPOIL YOUR SUMMER.
Schedule an MRT test by contacting us today.**

¹ Signet Diagnostic Corporation. (2005). Mediator release test (MRT) – principles and methods. [chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://acupuncturenutrition.com/wp-content/uploads/2011/12/MRTPrinciplesMethod71051.pdf](https://acupuncturenutrition.com/wp-content/uploads/2011/12/MRTPrinciplesMethod71051.pdf)

Get Ready

for Fall Allergy Season

You may think that the changing of the leaves signals the end of allergy season, but for some people, it is only the beginning. To help you prepare for fall allergy season, we've compiled some information you should know.

Hay Fever Has Nothing to Do With Hay

Hay fever is actually a general term describing the symptoms of late summer allergies. For many, hay fever—also known as allergic rhinitis—is triggered by ragweed. This plant pollinates from mid-August until the first freeze.

Warm Weather Lengthens Allergy Season

Warm weather can make for some great fall evenings out on your patio, but it also means allergy season lasts longer due to plants releasing pollen later into the year.

Tips From the Pros

Here are a few things you can do to minimize your exposure to outdoor allergens in the fall.



Use caution when you do yardwork

Piles of leaves are a common place to find mold, and grass pollen is abundant in backyards, so wear an N95 mask while tending to your outdoor spaces.



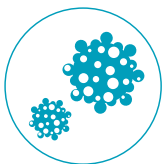
Adopt the right dress code

Wearing a hat and a long-sleeved shirt prevents pollen from collecting in your hair and on your skin; wearing sunglasses will block it from entering your eyes.



Stay inside in the a.m.

The pollen count is typically higher in the morning, so save your outdoor activities for the afternoon or evenings if possible.



Change clothes after being outside

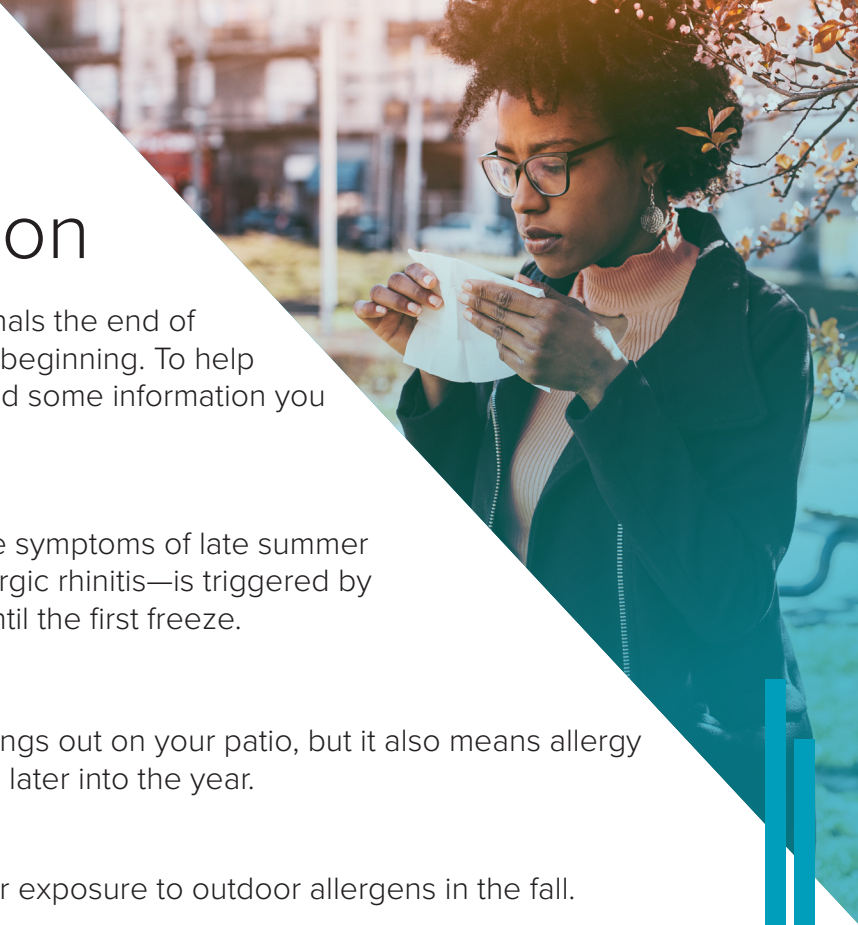
Your clothes are likely covered in pollen, so you'll want to remove them ASAP.



Shower daily before going to bed

Washing away the pollen from your skin ensures you won't be exposed to it while sleeping.

Carolina ENT has allergy management strategies to help you prepare for whatever the season has in store. Call (828) 322-2183 today for more information.





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 two other websites our allergy team recommends if you're looking for credible, up-to-date information about allergy-related topics.



Get the Allergy Forecast By Region

At AccuWeather's website, you can easily find pollen, mold, and dust and dander forecasts. Just enter your location, then click on the "Health & Activities" tab. accuweather.com



Your Healthy-at-Home Cleaning Supply Checklist

Motivated to do a deep clean to make your home allergen-free after reading our article on page one? According to Reader's Digest, here are the top products you need:

- A vacuum with a HEPA filter
- Unscented all-purpose cleaners
- Unscented laundry detergents

To see them all, go to rd.com/list/best-cleaning-products-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

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