



What Are Common Culprits of Seasonal Allergies?



For many people, the arrival of certain seasons is not only marked by changing weather and stunning landscapes—it also brings forth a symphony of sneezing, itchy eyes and congestion. Seasonal allergies, or allergic rhinitis, are due to the body's response to airborne particles such as pollen and mold spores. Understanding what triggers these symptoms can lead to better management and relief no matter the time of year.

WINTER

Most people associate allergies with bright, pollen-filled spring and summer days. However, winter has its own share of allergens. As the air cools, we seek warmth indoors, but our homes are often dens of dust mites, mold spores and animal dander—the leading culprits behind winter allergies.

SPRING

Spring is a time of rejuvenation, but for allergy sufferers, it's synonymous with pollen. Maples, oaks and pine trees are notorious pollen producers, and when their pollen levels peak, so do allergic reactions. This is further compounded by the tendency of people to spend more time outdoors in the milder weather, increasing their exposure.

SUMMER

Summer allergies can be a complex mix. Pollen can still be rampant, particularly from grasses and ragweed.

FALL

The wetness of fall encourages mold growth. Also, as temperatures drop, people begin spending more time indoors, potentially increasing exposure to indoor allergens.

HOW TO MANAGE SYMPTOMS

Several strategies can manage seasonal allergies, including:

- Reducing exposure to allergens
- Over-the-counter antihistamines



If you or someone in your family has been struggling with seasonal allergies, our expert team at Carolina ENT can help. Call (828) 322-2183 today to schedule an allergy consultation.



Allergy Testing & Treatment Options

If you're dealing with allergies, you know that symptoms can disrupt your daily life. With sneezing, itching and more severe reactions looming at every pollen grain or pet dander, managing this condition may feel overwhelming. However, allergy testing is the first step toward finding relief. Once our team knows what triggers your allergies, we'll collaborate with you to create a customized treatment plan that allows you to move toward more comfortable days.

WHAT ALLERGY TESTS ARE AVAILABLE?

- **Skin Prick Test:** Your doctor will use a needle to prick the skin of your forearm or back with potential allergens or put droplets of allergens on your skin and lightly puncture the area.
- **Blood Test:** A blood sample is sent to the laboratory, where lab staff will put allergens in it to measure the level of IgE antibodies.
- **Modified Quantitative Testing (MQT):** This combines techniques from skin prick and intradermal testing.
- **Mediator Release Testing (MRT):** This blood test identifies hypersensitive reactions by combining a person's blood sample with various food extracts and additives in a controlled environment.

WHAT TREATMENT IS BEST FOR ME?

Our allergy team will work with you to build a personalized treatment plan. Options include:

- Medications like antihistamines, decongestants and nasal sprays.
- Allergy shots, which build tolerance to allergens by injecting a small amount of it over time.
- Allergy drops, which build tolerance to allergens by introducing small amounts of them under the tongue.

Call (828) 322-2183 today to schedule an allergy consultation with the Carolina ENT team and find relief from your symptoms.

How To ←

Relieve Swollen Eyes from Allergies



Also known as allergic conjunctivitis, eyes swollen from allergies can result in itchiness and other uncomfortable symptoms. Common allergens that cause eye swelling include pollen, dust mites and pet dander.

WHY ARE THE EYES VULNERABLE?

When allergens reach your eyes, your immune system sees them as a threat, releasing histamine and other chemicals that cause swelling, redness and itching.

Our eyes offer numerous points of attack to airborne allergens. The conjunctiva, a clear membrane covering the eyeball and inner eyelids, is highly sensitive and can readily become inflamed when exposed to allergens. Tear ducts and glands are also part of the body's immune response and can over-produce tears, causing further irritation and a characteristic teary-eyed look.

HOW CAN I MANAGE SYMPTOMS?

You can minimize your exposure to allergens by avoiding triggers, keeping windows closed during high pollen seasons, vacuuming and dusting your space frequently and allergen-proofing your home. Additional remedies include:

- Applying cold compresses, cucumber slices or tea bags to your eyes
- Using eyedrops or antihistamines
- Allergy shots, which are a series of injections that contain a small amount of the allergen that train your immune system not to overreact

OUR TEAM CAN HELP

Eye swelling from allergies is not only a nuisance but can also be a sign that your allergies are poorly controlled. By understanding the triggers, embracing preventive measures, and knowing the variety of treatment options available, you can significantly reduce the impact of eye swelling on your day-to-day life.

It's important to see an allergist for a proper diagnosis and personalized treatment plan. Our team at Carolina ENT will offer guidance on the best course of action based on your specific allergies and eye swelling symptoms. Call (828) 322-2183 today to schedule an appointment.



Want to Know More About **Allergies?**

If you're interested in additional information about allergies, our website is a great resource.

Visit carolinaearnosethroat.com and select the Sinus & Allergy dropdown. You'll find information on allergy symptoms, types, testing, treatment and FAQs; asthma; and pediatric allergy and sinus. We offer training videos for allergies.

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



Asthma and Allergy Foundation of America:

This nonprofit organization is the oldest asthma and allergy patient group in the world.



Kids with Food Allergies:

This is a great resource for pediatric allergy patients and their families.



Allergic Living:

This online publication offers articles focused on food allergies, indoor and outdoor allergies, asthma and managing symptoms.

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

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Lincolnton

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