



Spring Allergies and Their Effect on Asthma

UPCOMING ASTHMA EVENTS AT ST. ALEXIUS MEDICAL CENTER

April 15, 2010 7:00 PM

Asthma: Fact, Myth, and Management

4th Floor Conference Center

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UPCOMING NEWSLETTER TOPICS

- *Triggers
*Action Plans
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*And more!

Spring is here! The weather is finally warming up and you probably want to spend some time outside with your family. But for some people with asthma, springtime is prime allergy season. Allergy flare ups can affect your asthma, and no one wants to be slowed down by sneezing and wheezing! Here are some tips on how to avoid springtime pollen and tree allergies and control your asthma.

*Pollen counts tend to be higher in the morning and on warm, dry days. So keep your windows closed early in the day. You may also want to avoid exercise and spending time outdoors during this time. 1

*Wind gusts kick up the pollen and propel it into the air.1 Closely monitor your asthma on windy days. If you measure your peak flows, make sure you continue to do so during allergy season. You may "catch" an asthma attack before it starts!

*If you spend time outdoors, shower or wash your hair before bedtime. This can remove the pollen from your skin and hair and minimize allergy and asthma symptoms at night.3

*If you have pets, bathe them regularly. They can carry pollen in their fur too!

*Run your air conditioner for extra allergen protection. The air conditioner acts as another tool to filter out allergens in the air.2

*Be sure to continue to take your asthma controller medicine and any allergy medication your doctor recommended. And keep your rescue inhaler on you at all times. You don't want to be without your life saving medication, especially during peak allergy season.

*Check the national allergy bureau's website for the daily pollen count: www.aaaai.org/nab

*And don't hesitate to consult your doctor if your allergies are affecting your asthma. You may need an adjustment in medications for the allergy season.3

Asthmatics often have an allergic component to their disease. Don't hesitate to get tested for allergies if your doctor recommends it. You may have allergies and not even know it! If you are sneezing, wheezing, have watery or itchy eyes, experience chest tightness, or if you have nasal congestion, consult your doctor.2 Enjoy the nice weather and have a happy and healthy spring!

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View past issues of Asthma newsletters on the Asthma program website:
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