

Surviving the allergy season

Anyone that suffers from allergies may have noticed an increase this allergy season. Experts are saying that they are seeing the highest pollen counts they have seen in a decade due to all the wet weather we have had across the country.

Usually the Southeast gets hit the hardest, but it appears that the Northeast is getting hit the hardest this year. The Allergy and Asthma Foundation of America estimates that 50 million Americans are impacted by allergies. The top 10 worst cities to be in right now, in terms of airborne allergens, are:

- Hartford, Conn.
- Greenville, S.C.
- Boston
- Detroit
- Orlando, Fla.
- Knoxville, Tenn.
- Omaha, Neb.
- Sacramento, Calif.
- Washington, D.C.
- Baltimore

You may want to stay away from these places in your travels if you are prone toward allergies.

We have much better allergy medicine than we used to. This can also help you get through the season. One aspect that is often overlooked is fluid intake. Make sure to drink plenty of water to keep those mucous secretions moving to avoid those sinus headaches.

Steroidal nasal sprays are very helpful with allergy symptoms (such as Flonase, Rhinocort, Nasacort and Nasonex). They not only help with sneezing, nasal itching symptoms, but they also decrease the amount of drainage down the back of the throat that make you cough.

Then of course there are the antihistamines that are non-drowsy. I don't find these to be very effective, but many people do. Loratadine, generic Claritin -- is now available over-the-counter." Now there is even an antihistamine nasal spray, Astelin, available by prescription.

If you have trouble with burning or watering eyes, you may want to try Opcon-A. It's an over the counter eye drop by Bausch and Lomb for eye allergies.

If you get up in the morning and get in the habit of watering your eyes, spraying your nose, and drinking water, you will have a much better allergy season. If you still need it after you do all this, you can take an antihistamine.

Traveling is too much fun to be bogged down with allergies.

Bibliography

E.J. Mundell

HealthDay Reporter Thu Apr 27, 7:07 PM ET. Soaring Pollen Counts Spur Worst Allergy Season in Years.

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