



## Winter / Spring 2009/2010 Newsletter



Dear Patient(s):

Welcome again to the next newsletter. True to an El Nino year we are having a rainy fall and winter and I predicted that with this the Mountain Cedar (Juniper really) would be high and painful.

We have already seen some counts in the thousands range and as of this note we are only in the beginning of the first wave of cold fronts. If you have not already started your preventive medications for allergies it is not too late. The cold weather also triggers a reaction in some individuals called Vasomotor rhinitis. The symptoms include sinus pressure, nasal congestion, headaches, and post-nasal drainage. The usual antihistamines are ineffective. The best person to diagnose and treat you is an allergist.

Lastly, as time flies we will soon be in the spring tree and grass pollen seasons. It is a time when we are all tired of being cooped up in the house and have an inclination towards more outdoor sporting and recreational activities. The Oak pollen is the one that most people react to and it is the main source of that yellow film on your sidewalks and on your vehicles that triggers violent sneezing fits, cough, and itchy nose and eyes. In my opinion it rivals the Mt. Cedar pollen in terms of allergic responses at much lower airborne counts. In my practice, children are the ones most affected and symptoms tend to start between 2-10 years of age. These children will have raw and puffy eyes from rubbing due to the intense itching and burning and would benefit from early diagnosis and treatment. This allergy tends to get worse with each oak pollen season that passes and often catches families off guard. I recommend a visit with your allergist in February to get on some preventive regimen before Oak pollinates in March.

Until next time,

Dr. Dilley and staff of Dilley Allergy and Asthma Specialists