



Dilley Allergy Newsletter

Fall 2008

Dear Patient(s):

The months of October through January represent the peak pollinating months for Ragweed and Mountain Cedar, respectively. Unfortunately, these months also correlate with the peak months for upper respiratory infections. Persons most at risk to pick up viral infections are school aged children and their family members, military personnel working in close quarters, healthcare workers, educators, and anyone working in large offices or when there is great exposure to the general public.

During these months it is very important to take your allergy/asthma preventive medications as prescribed, to receive a Flu vaccine if indicated by your doctor, and to wash your hands frequently. "Cold" and allergy symptoms may overlap to some degree including sneezes, cough, nasal discharge, and post-nasal drainage. The common cold typically lasts for 1-2 weeks whereas ragweed and cedar pollinate for 6-8 weeks and therefore symptoms of allergy may persist. It is important to seek medical attention if your condition is worsening despite taking your prescribed medications, you have fever (unusual with allergy), or you are concerned about your symptoms.

The stress of the coming "holidays" may leave some individuals tired, distracted, or less consistent with their medical regimen. This is an important time to stay with your prescribed medical treatment. Schedule an office visit if possible with your allergist or healthcare provider before these months if your symptoms tend to increase during this time period.

As always, I wish you best of health!

Sincerely,

Dr. Dennis Dilley