



Spring - Summer 2011 Newsletter



Dear Patient(s):

The tree pollen season arrived shortly after the cedar pollen season. The oak pollen levels were very heavy at times and seemed to cause prolonged allergy and asthma symptoms in many people. Many of you were hoping for the rainfall that never arrived and it looks to be a dry year so far. This dry weather may reduce the grass pollen and mold levels this summer. The next major tree to pollinate is the Pecan and it typically arrives late April into May. There are many pecan trees scattered throughout the city but are especially common in the central part of San Antonio and further south and southeast. The pollen levels are much higher in the vicinity of the trees but the pollen granules may travel for miles with the right wind conditions. Important tips to surviving allergies include taking your recommended medications as directed by your healthcare provider, minimizing your time outdoors on windy days or when the pollen is heavy, and rinsing off once you are indoors.

The summer can be unusual in that sometimes we have heavy mold counts. We can see climatic events such as hurricanes, dust from the African Sahara, and smoke from Mexico fires triggering irritant reactions in certain individuals as well. Unless we get some rains soon the grass pollens may not be a major issue. This would be welcome for those of you participating in outdoor sporting activities.

The last tidbit relates to insect allergies. If you have insect allergies be sure to treat your lawns with proper insecticides and be careful when attending outdoor functions. If you see that there is some risk your best bet is to excuse yourself from the event. Always have your Epinephrine injector close by and have someone outside with you who can treat emergencies if they arise. Read the package labeling on the Epi-pen or other epinephrine injector for proper care, storage, and use of the device.

In allergy, avoidance is the first line of defense!

Until the next note!

Dr. Dilley and staff of Dilley Allergy and Asthma