

bodyMINDSM

Your Monthly Guide to Good Health

According to the American Academy of Allergy, Asthma and Immunology, approximately 50 million Americans currently suffer from allergies. Allergies can be seasonal or perennial. While seasonal allergies generally cause symptoms for weeks or months at a time, perennial allergies cause symptoms throughout the year. In many cases, allergies lead to inflammation of the sinuses, called sinusitis, which develops in approximately 31 million Americans each year.

Allergies

Allergies are adverse reactions to particular substances called allergens that may trigger an overreaction from the body's immune system. Pollen, mold, dust mites, and dog and cat dander are common allergy triggers. Allergy symptoms include sneezing; nasal or sinus congestion; sneezing; itchy or runny nose; and itchy, watery eyes.

Sinusitis

Affecting approximately 16 percent of American adults, sinusitis is one of the most diagnosed diseases in the United States, according to the American Academy of Allergy, Asthma and Immunology. Sinuses are air-filled pockets above, below, and around the eyes that serve as an air filter for the nasal cavity. When the sinuses become inflamed or infected, they cannot

function correctly which commonly leads to sinusitis. Symptoms of sinusitis include head congestion and headache; facial swelling; constant tiredness; yellow-green nasal discharge; and in some cases, fever.

The Connection between Allergies and Sinus Disease

People who suffer from allergic diseases, such as allergies and asthma, have a higher likelihood of developing sinusitis compared to people who do not have allergic diseases. This occurs because allergies can trigger inflammation in the sinuses and therefore prevent them from flushing out bacteria.

Treatment

Untreated allergies can lead to health problems such as ear infections and asthma, as well as sinusitis. Fortunately, allergy symptoms are manageable. The most effective method of prevention is to identify which allergens trigger a response and to minimize exposure to those particular substances. In most cases, allergies can be treated with medication or a series of shots. Typically, sinusitis is treated with medication or a combination of medications.

If you suspect that you suffer from allergies or sinusitis, consult a physician.

Allergies & Sinusitis

MAKE THE CONNECTION

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212

Seasonal Allergies

are Nothing to Sneeze At!

Seasonal allergies affect 35 million people in the United States. They are caused by allergens, airborne pollen and mold particles that frequently trigger symptoms during the spring, summer, and fall. To lessen exposure to seasonal allergens, the American Academy of Allergy, Asthma & Immunology makes these recommendations...

- ✿ Try to stay indoors when the pollen count or humidity is reported to be high.
- ✿ Do not mow lawns or be around freshly cut grass.
- ✿ Do not hang sheets or clothes out to dry.
- ✿ Keep windows closed to prevent pollens or molds from drifting into your home.
- ✿ Keep car windows closed when traveling.

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IF YOU SUSPECT YOU MAY HAVE AN ALLERGY, CONTACT YOUR DOCTOR. IF YOU DO NOT HAVE A DOCTOR, CALL SAINT JOSEPH CONNECTION AT (859) 313-2255.