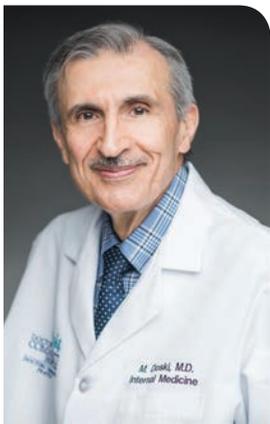




HEALTHY LIVING CHRONICLES

Find Seasonal Allergy Relief



Allergies are often the overreaction of the immune system to substances also known as allergens. In other words, your body identifies the allergens as dangerous and tries to protect itself. The resulting symptoms – sneezing, coughing, itchy eyes, postnasal drip, etc. – are types of protective actions.

As for environmental or seasonal allergies, they are frequently triggered when you inhale particles of mold, pollen, dust mites, pet dander, etc.

Allergic reactions range from merely bothersome to life threatening. In fact, the Centers for Disease Control and Prevention (CDC) identifies allergies as the sixth leading cause of chronic illnesses in the U.S. with more than 50 million Americans suffering from allergies each year.

“During the spring, I care for an increasing number of patients who believe they have colds when they are actually exhibiting allergy symptoms. That’s why it is important for people to discuss such symptoms

with their primary care providers.” said Dr. Mahmoud Doski, internal medicine, Doctors Community Practices at Laurel.

If you have environmental or seasonal allergies, here are Dr. Doski’s top five tips.

1. Check the Daily Pollen and Mold Counts

As the weather gets warmer, pollen and mold float into the air. If you have seasonal allergies, check your local pollen forecast or download an allergy-related mobile app in case you need to limit your outdoor time on high count days.

2. Protect Your Living Space

Purchase hypoallergenic pillows and mattresses or related allergen-proof covers. Remove your shoes and coats at the front door. You may also want to take a shower when you arrive at home, especially when pollen or mold counts are high to rid your body of allergens.



3. Remove Carpeting and Use HEPA Filters

If you have carpet, consider switching to hardwood, tile or linoleum floors. They're easier to clean and aren't havens for allergens. If you have central heating and air conditioning, place HEPA filters on your vents.

4. Wear Sunglasses

Especially on windy days, sunglasses can help keep some of the pollen out of your eyes. Also, make sure that they block 100 percent of both UVA and UVB rays.

5. Take Your Medication

On high pollen, mold or dust count days, try to stay indoors as much as possible when the sun's up. At the

Sources:

<https://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/Allergies.html>

<https://www.webmd.com/allergies/>

<https://nccih.nih.gov/health/allergies/seasonal>

same time, remember to take your prescribed or over-the-counter medications. For extra precaution, you may even want to wear a mask to reduce or eliminate your exposure.

If you experience allergy-like symptoms, talk with your primary care physician right away. You can also schedule an appointment at one of our primary care offices located throughout Prince George's County and in Anne Arundel County. Many of our offices provide same-day appointments. Learn more at DCHweb.org/primarycare.

About Doctors Community Health System

Your body is a complex system. Each part has an important role in supporting your well-being. The same is true at Doctors Community Health System. Our network of care can help you maintain and improve your overall health. So, let our system care for yours.

At the heart of this system is our flagship – **Doctors Community Hospital** in Lanham, Maryland. For your convenience, we complement the hospital's medical and surgical programs with more than a dozen centers of care located throughout the area:

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- ✚ Orthopedic Service
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