

FOCUS ON

ALLERGY & ASTHMA

CLINICAL BACKGROUND

**ITCHY NOSE?
SNEEZING?
WATERY EYES?**

Seasonal allergic rhinitis, or hay fever, is just one of the diseases that, together with asthma, are the sixth leading cause of chronic disease in the United States today.

Allergies are diseases of the immune system that cause an overreaction to substances called allergens. Allergies are grouped by the kind of trigger, time of year or where symptoms appear on the body: indoor and outdoor allergies, food and drug allergies, latex allergies, insect allergies, skin allergies and eye allergies. People who have allergies can live healthy and active lives. **There are vaccinations to help avoid certain allergies, steps you can take to manage your allergies, and medications you can take to relieve allergy symptoms.** The key is to talk to your physician.

If you think you may be suffering from allergies or asthma, take a minute to call and make an appointment with your physician.

