

Health & Wellness

Tip of the Week

Week 21
May 23, 2016

May is all about focusing on **Allergies**. It is the perfect time to remind you about the different types of allergens and other triggers and how to keep allergy symptoms to a minimum.

Allergy Symptoms

Allergy symptoms occur when your immune system overreacts to something that is harmless to most people but triggers a reaction in anyone sensitive to it. This substance is known as an allergen.

Allergies can be seasonal (worsening during certain times of the year, such as pollen allergies in the spring) or perennial (occurring year-round). Common allergens include weed or grass pollen, dust mites, animal dander, mold, insect stings and a variety of food types, such as eggs, shellfish, nuts and grains. If you come in contact with something to which you are allergic, your immune system considers it dangerous and releases a chemical called histamine to counteract it.

The release of histamine can cause a variety of symptoms, including a skin rash, headache, sneezing, runny nose, swelling, nausea and diarrhea. The most severe reaction, known as anaphylaxis, can be life-threatening.

If the allergen is something you breathe in, your reaction will most likely affect your eyes, nose and lungs. If the allergen is something you consume, you're more likely to have symptoms in your mouth, stomach and intestines.

Source: American College of Allergy, Asthma, & Immunology



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