

Health & Wellness






Tip of the Week

Week 22
May 30, 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.

Outdoor Allergies

Outdoor allergies are a problem everywhere, especially in Texas. Pollen producing plants are everywhere in South Texas, causing coughing, sneezing, runny noses, and asthma. Common outdoor allergies include:

-  Grass pollen
-  Mountain Cedar
-  Oak
-  Ragweed
-  Pine

Allergic reactions are caused by the pollen that these (and other) plants and trees release into the air. Pollen which reaches the nostrils and lungs is treated as a foreign object by the body, and the body begins to produce mucus and coughing as a way to remove the pollen. Allergies are a defense mechanism, but sometimes the reactions can become acute.

There is no cure for allergies, but there are many ways to control allergic reactions, several of which you can read about here. Texas Sinus Center also offers allergy testing services.

Source: Texas Sinus Center



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