

# Allergies

Spring 2018

WAKE EAR NOSE & THROAT SPECIALISTS

Pankaj Gupta, MD

*Dr. Gupta and the allergy staff at Wake ENT Specialists are trained in the testing and treatment of environmental allergies. We offer allergy treatment through subcutaneous injection or allergy drops. We have found that many patients prefer to administer daily drops at home without the aggravation of visiting the clinic on a weekly basis.*

*Dr. Gupta would be happy to see your patients with allergy symptoms so that they can enjoy the warm weather seasons that are upon us! **Please call our clinic at 919-851-5636, ext. 1 for appointments or to ask for referral forms.***

Spring Allergies in North Carolina typically means symptoms starting in February and lasting until early Summer.

Pollination of various plants leads to symptoms in the following order:

Trees (early Spring)

Grasses (Spring and Summer)

Ragweed (Fall)

North Carolina's hot and humid summers also lead to high levels of mold.



WAKE ENT SPECIALISTS  
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We are currently seeing many patients in our clinic complaining of the following symptoms:

**Runny nose, stuffy nose, sneezing  
wheezing, shortness of breath**

- May be asthma or a sign of allergies

**Rashes**

- May appear as eczema, contact dermatitis  
and hives

**Fatigue**

- Tiredness and/or irritability

**Cough**

- Dry and persistent

### **Treatment options for Allergies at Wake ENT include Allergy Drops**

- Administered daily by patient at home
- Tolerated by patients who may not tolerate shot therapy well
- Often chosen by patients who are unable to make weekly clinic visits
- Offers a non-injection option for children

Patients should **stay indoors as much as possible** during the following weather conditions to help alleviate symptoms of environmental allergies:

- Morning hours in the fall when ragweed pollen levels are at their highest
- Evening hours in the spring and summer when grass and tree pollens are highest
- Windy and warm days as pollen counts surge
- After rainfall when pollen counts can dramatically increase

Other **preventative measures** that allergy patients should take include:

- Monitor pollen and mold counts through weather reports
- Keep windows and doors shut at home and in the car
- Take a shower and change clothes after working or playing outdoors
- In more extreme cases, wear a NIOSH-rated 95 filter mask when mowing the lawn or doing outdoor chores and take appropriate medication beforehand
- If patients have a history of prior seasonal allergies, start medications to alleviate symptoms two weeks before they are expected to begin

**CALL US AT 919-851-5636 TO SCHEDULE APPOINTMENTS**  
**[www.WakeENT.com](http://www.WakeENT.com)**