



Below are the most commonly asked medical questions in a few seasonally-relevant topics. We hope you find this helpful. **Please note: to properly diagnose your medical condition, it is necessary that you consult with a physician. If you are in need of a primary care provider, please call (812) 332-4468. If you are experiencing a medical emergency, call 9-1-1.**

Fall Allergy Season

What are the symptoms of fall allergies?

The most common symptoms of allergies include itchy, watery eyes, a runny nose, sneezing, and coughing.

What causes fall allergies?

Ragweed is the biggest trigger for fall allergies. Ragweed can travel long distances via the wind, so you may still suffer from the effects even if you don't live near it. Mold and dust mites are also very common allergy triggers.

How long will the fall allergy season last?

Fall allergies will typically last until all ragweed is killed from the winter frost.

How are fall allergies diagnosed?

To diagnose fall allergies, you should consult with your family physician. A skin test will most likely be done to determine the biggest allergy triggers.

How are fall allergies treated?

There are several methods of treatment depending on your symptoms. A prescription nasal spray will help relieve an itchy, runny nose. Prescription or over-the-counter antihistamines (Allegra, Zyrtec, Claritin, etc.) will relieve symptoms such as itchy eyes, runny nose, and sneezing. Decongestant medicines will clear out nasal passages to relieve congestion and swelling.

What can I do to minimize the effects of fall allergies?

To minimize the effects, it is best to stay indoors with windows closed during the morning/afternoon hours of the day. Be sure to have your heating ducts cleaned before turning on your heat for the first use of the year, and make sure to use a high-efficiency filter in your heating system.

To learn more, and to see a complete listing of information, please follow the link below:

<http://www.webmd.com/allergies/guide/fall-allergy-relief>