



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.**

Spring Allergies

What are the symptoms of spring allergies?

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

What causes spring allergies?

Pollen is the biggest trigger for spring allergies. Pollen can travel long distances via the wind, so you may still suffer from the effects even if you don't live near an area with high pollen count. Grass, weeds, and trees are some of the biggest spring allergy offenders.

How are spring allergies diagnosed?

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

How are spring 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 spring allergies?

To minimize the effects, it is best to stay indoors when the pollen count is highest – usually in the mornings. Be sure to vacuum and clean the air filters in your home often.

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

<http://www.webmd.com/allergies/spring-allergies>