

2014's famous 'pollen vortex' didn't happen

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Last year's long, harsh winter was brutal, and caused some experts to predict the "polar vortex" would turn into the "pollen vortex," and make allergy sufferers more miserable than ever before. But the "pollen vortex" didn't happen - at least not everywhere.

According to a study presented at the American College of Allergy, Asthma and Immunology (ACAAI) Annual Scientific Meeting, the spring pollen count in Ontario, Canada was not higher than usual, and in fact, was down considerably - and far lower than at any other time in the previous 12 years.

"Our results showed the reported pollen burst failed to materialize last spring," said aerobiologist James Anderson, MLT, lead study author. "Specifically, pollen levels of maple, juniper, birch, ash, mulberry and walnut were as much as four to five times lower than the average. The other tree pollen counts were within normal range."

Anderson and his team measured pollen counts in London, Ontario and found that the total tree [pollen counts](#) were at historic lows for that region.

"People think every allergy season is the worst," said allergist Stanley Fineman, ACAAI past-president. "We found in Atlanta that the counts were actually higher in 2013 than 2014. But we also found the number of days the counts were very high was greater in 2014. The most important thing in treating [pollen allergies](#) is not the counts, so much as how the patient responds to the pollen they're inhaling. Clinically, there

is no such thing as a 'pollen vortex.'"

If you suspect you have allergies, or if you think you're sniffing and coughing due to a bad [pollen](#) season, consult a board-certified allergist to help determine the cause of your symptoms. Allergists are also the best-equipped to bring your symptoms under control.

Provided by American College of Allergy, Asthma, and Immunology

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