

Mayo Clinic Minute: How to get spring allergy relief

April 14 2021, by From Mayo Clinic News Network



Credit: CC0 Public Domain

Springtime brings warmer temperatures and blooming trees. But, for close to 1 in 3 Americans, it also brings annoying seasonal allergies.

Dr. Alexei Gonzalez Estrada, a Mayo Clinic allergy specialist, says there are steps you can take to protect yourself. The telltale signs of allergies are easy to spot.

"This includes itchy, watery eyes; itchy, watery nose; nasal congestion," he says.

And pollen is the most common culprit.

"So pollen affects people in the springtime because that's when trees are pollinating. And that pollen flies miles and miles around the area," Dr. Gonzalez Estrada says. "And it's such a small particle that goes through your nose, and it affects your upper airway."

When you have a [pollen allergy](#), your [immune system](#) identifies the pollen as harmful and essentially overreacts.

Dr. Gonzalez Estrada says there are over-the-counter and prescription medicines you can take to treat allergy symptoms, as well as getting allergy shots in more extreme cases.

But the easiest thing to do, he says, is avoid or limit exposure.

"Obviously, you can't live in a bubble, but [air conditioning](#) is going to be your friend," he says. "So keep your air conditioning on in your car, in your house."

Dr. Gonzalez Estrada also recommends people change their clothes after coming inside to remove pollen that might have stuck to you, and showering before bed to get rid of [pollen](#) that might stick in your hair.

©2021 Mayo Clinic News Network
Distributed by Tribune Content Agency, LLC

Citation: Mayo Clinic Minute: How to get spring allergy relief (2021, April 14) retrieved 5 May 2024 from <https://medicalxpress.com/news/2021-04-mayo-clinic-minute-allergy-relief.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.