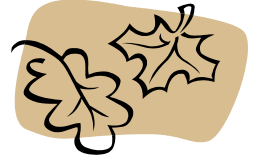


Fall Allergies



Ragweed

- ☞ Ragweed is the biggest allergy trigger.
- ☞ About three-quarters of people who are allergic to spring pollen producing plants are also allergic to Ragweed.
- ☞ Ragweed pollen can travel for hundreds of miles on the wind, so even if it doesn't grow where you live, it can still make you miserable if you're allergic to it.
- ☞ People with allergies to Ragweed can also develop an itchy throat and mouth called Oral Allergy Syndrome (OAS) when they eat fruits and vegetables.

Fall Allergy Symptoms:

- ⊗ Runny Nose
- ⊗ Watery Eyes
- ⊗ Sneezing
- ⊗ Coughing
- ⊗ Itchy Eyes & Nose
- ⊗ Dark Circles under the Eyes
- ⊗ Airborne allergies also trigger asthma

Mold

- ☞ Mold thrives in damp areas both indoors and outdoors.
- ☞ Damp leaves that line yards and streets are common areas for mold to grow.
- ☞ Other common areas for mold growth is in basements and bathrooms.
- ☞ Symptoms of mold allergies, are similar to that of other allergies, such as, runny nose, congestion, itchy eyes and nose.

Dust Mites

- ☞ Dust Mites are tiny microscopic spider-like insects.
- ☞ Common indoor allergen
- ☞ Most prevalent in heating ducts during humid summer months, but get stirred into the air the first time you turn on your furnace in the fall.
- ☞ From the air, dust mites can make their way into the nose, triggering sneezes, wheezes, and runny noses

