

Recognizing Allergy Symptoms and Signs

Featured Recipe Turkey Meatloaf



**There is Hope! You can find relief at the Allergy & Environmental Treatment Center.**

Greetings!

Spring is right around the corner and with it, warmer weather and a new bloom of airborne allergens to make a sensitive person miserable.

This issue of our newsletter is going to focus on "allergy symptoms" that many people would not ordinarily associate with allergies, for example, fatigue. And, we'll introduce you to another of our favorite recipes.

While allergy symptoms are triggered by a wide variety of allergens we encounter in our daily lives such as pollen, inhalants, danders, foods and chemicals, few of us are acquainted with the breadth and scope of allergy symptoms and would not associate a significant number of them with allergies.

An awareness of these symptoms and their possible association with allergies will alert you to the possibility that an allergy is at work in causing your symptoms. Then it is up to you to seek appropriate medical care.

As always, we sincerely appreciate your interest and support. We do encourage your comments and suggestions.

Sincerely,

*Sharon Gwozdek*

Sharon Gwozdek, RN, BSN

## Allergy Symptoms



Garfield Junior

### Your Immune System at Work

That cute little kitty can cause quite a lot of misery for those who are particularly sensitive to cat hair and dander. The symptoms range from shortness of breath, hives, itchy eyes, rapid pulse and however else your immune system decides to react to its presence. The breadth and depth of allergy symptoms are quite broad and surprising to most people. We've included a fairly comprehensive list of symptoms for your review.

### Pollen Count

You can check the pollen count for your location by simply going to...

<http://www.pollen.com>

## Recognizing Allergy Symptoms and Signs

You've often heard the phrase 'Things are not always as they seem'. You may be surprised to learn just how true that is where allergy symptoms are concerned.

These wonderful bodies of ours react to all sorts of stimuli in a generally positive way... the food we eat, the air we breathe, clothing we wear and what we touch and what touches us all make up the environment in which we live. It's what makes life so interesting.

It starts to get a bit complicated, however, when some of us begin to experience unpleasant symptoms when our bodies react to these stimuli. Many of these symptoms can be quite alarming or even life threatening. Take chest pain and shortness of breath for instance. The appropriate response is to immediately seek medical attention. Such a serious symptom may indicate a heart attack. Given a clean bill of health subsequent to testing in the emergency room, odds are the scary symptom was likely to have been caused by an allergen of one kind or another.

[continued on next page]

## Check Out Our Website!



Our new patient-centered website provides useful information about allergies, their causes and what can be done to effectively treat them. We invite you to pay us a visit. Go to.....

[www.allergyenvironmental.com](http://www.allergyenvironmental.com)

We are able to assist you with Probiotics and the possible supplementation for your particular needs.

How an allergic reaction looks depends on the part of the body involved and the severity of the reaction. The onset of a reaction may be rapid and severe while others are relatively mild. Some are localized and limited while others could involve multiple body systems. What's more, reactions to the same allergen vary among individuals.

Any such combination of allergic symptoms that are rapid, or sudden, and potentially life-threatening is called Anaphylaxis. In all such circumstances, call 911 for an ambulance and immediate medical help. Under no circumstances should you 'wait out' the symptoms in hopes that they will diminish or go away. Reactions of this kind are true Medical Emergencies.

Most of us equate itching, coughing, sneezing, stuffiness, rashes, flushing and hives with allergies. These symptoms are quite common but when they become chronic, you should seek medical care in pursuit of identifying the offending allergen(s) and ultimate relief.

## Symptoms can involve one or more body systems.



Swollen Lip Reaction to an Allergen



Allergic Reaction to Seafood

The following lists of symptoms can be caused by allergies.

### Vision

- Blurring
- Acuity Decreased
- Spots - Flashes
- Darker - Vision Loss
- Photophobia - Brighter
- Diplopia - Double Vision
- Dyslexia - Difficulty Reading
- transposition of similar letter, letters or words becoming small or large words moving around.

### Lungs, Heart

- Coughing
- Sneezing
- Reduced Air Flow
- Retracting - Shortness of Breath
- Heavy - Tight
- Not Enough Air
- Hyperventilation - Rapid Breathing
- Chest Pain
- Tachycardia - Rapid Pulse
- Palpitations - Rapid, violent or throbbing pulse

### Genital/Urinary

- Voided - Mild Urge
- Frequency
- Urgency - Pressure
- Painful or Difficult Urination
- Genital Itch
- Vaginal Discharge
- Yeast Infections

### Throat, Mouth

- Itching
- Sore - Tight - Swollen
- Dysphagia, Difficulty Swallowing
- Choking
- Weak Voice - Hoarse
- Salivation - Mucous
- Bad Metallic Taste

Many allergy symptoms manifest in ways not often associated with allergies.

### Nasal

Sneezing - Urge to  
Itching - Rubbing  
Obstruction  
Discharge  
Post - Nasal Drip  
Sinus Discomfort  
Stuffy Feeling

### Eyes

Itch - Burn - Pain  
Lacrimation - Tearing  
Allergic Shiners  
Feel Heavy

### Ears

Itching  
Full - Blocked  
Erythema of Pinna (reddening)  
Tinnitus - Ringing in Ears  
Ear Ache  
Hearing Loss  
Hyperacusis - Abnormal sensitivity to sound

### Muscles

Tight - Stiff  
Ache - Sore - Pain  
Nech - Trapezius  
Upper, Lower Back  
Upper, Lower Extremities

### Skin

Itching Local, General  
Scratching  
Moist - Sweating  
Flushing - Hives  
Pallor - White or Ghostly

### Joints

Ache - Pain  
Stiff  
Swelling  
Erythema - Warmth - Redness



Migraine Headache Sufferer



Sneezing

Allergy Symptoms can affect any body system. Severe reactions to allergens can be life threatening and do constitute a medical emergency. Never wait for severe symptoms to subside before seeking emergency help.

Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

We offer state-of-the-art allergy testing and treatment.

Schedule your visit with us today!  
Call 480-634-2985.

### Head Pain: Cerebral

Headache, Mild Moderate  
Migraine  
Ache-Pressure: Tight-Explode  
Throbbing-Stabbing  
Fainting  
Depression  
Mood Swings  
Hallucinations  
Hyperactivity  
Irritability  
Fatigue  
Apathy  
Confusion  
Lethargy  
Blackouts  
Insomnia  
Somnolence

### Gastro-Intestinal, Abdomen

Nausea  
Belching  
Full - Bloating  
Vomiting  
Pressure - Pain - Cramps  
Flatus - Rumbling  
BM - Diarrhea  
Gall Bladder Symptoms  
Hunger - Thirst  
Hyperacidity

Understanding and coping with allergies requires patience and knowledge. While much has been written about allergies and their sometimes confusing symptoms, we have barely scratched the surface.

## Our Featured Recipe: Turkey Meatloaf



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### Ingredients

1 pound lean ground turkey (extra lean will make it too dry)  
½ cup zucchini finely chopped, plus 1 zucchini for topping  
¼ cup finely chopped cauliflower  
1 Tbsp. olive oil, plus more for greasing loaf pan  
½ tsp. dried mustard seed  
½ tsp ground ginger  
1 Tbsp. oat flour  
Sea Salt & Pepper, to taste

*Courtesy of Laura McKay*

### Preparation

Combine all of the above ingredients in a bowl. Mix thoroughly. Place mixture into a greased (olive oil) loaf pan and bake for 30-32 min at 375 degrees. Internal temperature should be 165 degrees when done. While baking, sauté 1 zucchini (cut in half, then cut into long slices) in olive oil until soft. Season with sea salt and pepper. Serve meatloaf slice topped with sautéed zucchini.

\*Because oil is used in place of egg, loaf will shrink and separate from loaf pan when done.

**Bon Appétit!**

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In addition, we offer General Medicine/Primary Care Services.

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