

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

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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