

Is it a Cold or  
An Allergy?

What is a  
Pollen Count?

Did You Know?



## Message from the Editor



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Here at the Allergy & Environmental Treatment Center, we place a great deal of emphasis on patient education. In fact, this emphasis is the catalyst for publishing our bi-monthly newsletter. Today, you are reading our inaugural issue. Send us your comments and suggestions. They will help us provide you with an informative and stimulating read.

## Our Featured Article



You need not suffer the debilitating symptoms of allergies. Often mistaken for a cold, allergies can be successfully treated to return you to a healthy and productive lifestyle.

Greetings!

We are pleased to welcome you to the first of our bi-monthly Newsletters. It is our goal to provide you with timely and relevant healthcare information that you can use to maintain a healthy and productive lifestyle.

## Is It a Cold or An Allergy?

### Symptoms Are Similar

It is not always clear. They both tend to share similar symptoms which affect your nose, eyes, and throat, which is often why it is difficult to tell them apart.

However, identifying whether you have a cold or allergies is important because you can then begin to find the right relief.



### A COLD:

- Is usually accompanied by a sore throat
- Lasts about 7 to 10 days
- One can experience a low-grade temperature; associated with muscle aches and pains
- Is more common during the winter months
- Will be present in at least one other family member or co-worker

### ALLERGIES:

- Exhibit itchy, watery eyes and sneezing
- Miserable symptoms end when allergens are removed or you have received an allergy treatment
- Tend to occur during early spring through fall relating to the growing seasons of trees, flowers, grasses, and weeds
- Are not accompanied by a fever
- May not be experienced by other family members who are feeling just fine

Suspect seasonal allergies when you see a pattern of "cold like" symptoms that occur every year during the spring and fall seasons, including sneezing, sniffing, runny nose, itchy, watery eyes, and even fatigue.

Seasonal allergies cause your body to attack allergens (foreign substances) by forming special antibodies which cause the release of histamine making you feel miserable. Plant pollen is one of the strongest allergens, which is why your allergies get worse when pollen peaks- typically early spring through fall.

## Check Out Our New 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)

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.



**Allergy & Environmental Treatment Center:**  
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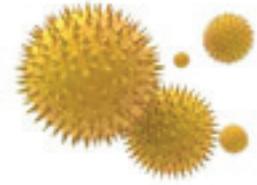
Clinic: 480.634.2985  
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## What is a Pollen Count?

### Counts are Currently High

Pollen count is the measurement of the number of grains of pollen in a cubic meter of air. The higher the number, the more people who will suffer because they are allergic to a particular pollen. Usually the counts are announced for specific plants such as grass, ash or olive.

You can check the pollen count for your location by simply going to <http://www.pollen.com> and entering your zip code.



## Did you know?

### Did you know that a variety of symptoms can be caused by allergies?

Allergies can exhibit many different types of symptoms. Many you may not even associate with allergies.

The following is a partial listing of symptoms. If you exhibit any of these symptoms that are chronic or persistent, you may have an allergy.

#### 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 – SOB
- Heavy – Tight
- Not Enough Air
- Hyperventilation – Rapid Breathing
- Chest Pain
- Tachycardia – Rapid Pulse
- Palpitations – Rapid, violent or throbbing pulses

#### Throat, Mouth:

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

#### 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
- Joints:
- Ache – Pain
- Stiff
- Swelling
- Erythema – Warmth - Redness

#### Skin:

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

#### Head Pain: Cerebral

- Headache, Mild-Moderate: Migraine
- Ache-Pressure; Tight-Explode
- Throbbing-Stabbing
- Fainting
- Depression
- Mood Swings
- Hallucinations
- Hyperactivity
- Irritability
- Fatigue
- Apathy

For a comprehensive listing of symptoms caused by allergies, visit our website at [http://www.allergyenvironmental.com/PDF\\_Documents/DidYouKnowAllergies.pdf](http://www.allergyenvironmental.com/PDF_Documents/DidYouKnowAllergies.pdf)