



June 2013 Edition

2013 - The Worst Allergy Season Ever

As the weather warms up, allergy sufferers are likely to feel worse than in past years. Unfortunately, a number of environmental factors are likely to keep the pattern of worsening allergies around in the coming years.

Experts say that an earlier arrival of spring and a longer growing season, along with increased precipitation and humidity from storms, will all potentially contribute to the increased presence and persistence of allergens.

"For the year 2020, it looks realistic to say pollen counts will increase by 20 percent," said Dr. Leonard Bielory, an allergy specialist with the Rutgers Center for Environmental Prediction. However, many variables could change that prediction, he said. His own research indicates this year will be troublesome for those in the Northeast because of Sandy and other storms that have struck there.

"This season, the pollen count may rise dramatically and suddenly when the colder temperatures that have been seen so far finally abate," he said.

"The pollen is stored in waiting to release, and when it releases, it releases in a very abrupt way, climbing to a peak. Therefore, the onset of allergy season is going to be stronger than last year," Bielory said.

Bielory is one of a number of researchers investigating the question of how climate change may affect allergens in the environment. And that research indicates spring is not the only season for allergy sufferers to worry about. A 2011 study by the USDA and other researchers predicted that

autumn will generally become warmer, which will lengthen the growing season for ragweed in the middle of the United States and Canada.

Beside the warm temperatures, the general increase in pollutants that is occurring can also make things worse for people with allergies — either by exacerbating health issues such as asthma, or because ozone and carbon dioxide may lead to increased pollen production and an increase in allergic material in the pollen grains.

Outdoor allergens are not the only area of concern. Storms such as Sandy, as with Katrina, can leave moisture lingering in homes, which can present indoor allergy problems.

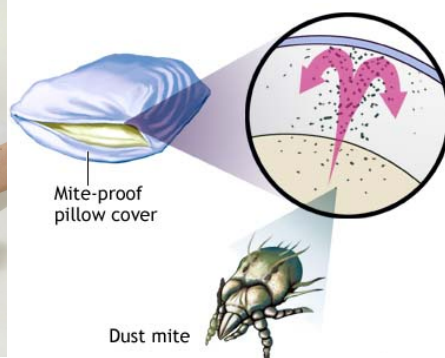
Mould and bacterial toxins may present a problem as well, because they can trigger an allergic-like response even in people who are generally not allergic to them.

The ultimate impact of climate change on allergy seasons is difficult to predict, but there are a few steps that can be taken to ease symptoms. Installing **PollenTEC*** screens on windows and doors, and **PollenTEC** furnace filters to improve air quality indoors and prevent pollens harmful allergens from entering and circulating in the home.

For mould, pet dander and dust mite allergy control there is a wide range of products available from **Allergy Canada**. Please visit www.allergycanada.com for more information.

Patients might also consider immunotherapy (allergy shots) in consultation with their allergy specialist.

TAKE 10% OFF DUST MITE ENCASINGS



*Special valid until June 30, 2013 for phone or online orders at www.allergycanada.com
Can not be combined with any other promotions.

Anaphylaxis First Aid Course is now available!

- Learn how you can save a life today
- Learn how to recognize and treat anaphylaxis
- Learn how to use The EpiPen®

Find out more at www.epipentraining.com
Call us to get a special Allergy Canada discount