

## NEWSLETTER

### TIPS TO MANAGE YOUR SPRING AND SUMMER ALLERGIES AT HOME

Patients who tend to develop allergy symptoms in the spring can take several measures to reduce their exposure to the known environmental allergens. If you are prone to seasonal allergies, you can prophylactically manage your allergy symptoms to avoid experiencing a flare.



- **Medications:** You can start taking a daily non-sedating antihistamine such as Zyrtec or Claritin during your peak allergy season. You can also begin using nasal sprays or your inhaler as needed or at the onset of any mild symptoms. Patients suffering from nasal symptoms such as congestion, sneezing and a runny nose can try using a saline nasal rinse to flush out irritating allergens from the sinus passages.
- **Reduce exposure:** If you know what you are allergic to, do your best to reduce exposure to the known allergens to limit the risk of developing symptoms. You can also wear a mask covering the nose and mouth to reduce the amount of the pollen or mold that is inhaled. We also recommend avoiding going outside on windy days and delegate tasks such as lawn-mowing and other yard work to someone who does not have allergy symptoms.
- **Protect your home:** Hypoallergenic bedding and pillow covers, washing bedding on hot, using an air purifier and vacuum with a HEPA filter, and keeping windows closed during periods with high pollen counts can help reduce exposure to allergens found within the home such as dust mites, pet dander, and pollens. Keeping windows closed on days with high pollen counts can also help reduce exposure.
- **Check in with your allergist:** If you suffer from seasonal or year-round allergies and do not know what you are allergic to, we recommend seeing your allergist to get tested to better manage your symptoms. Treatment options can include allergy shots, our cutting edge Precision Immune Targeting (ultrasound-guided intralymphatic immunotherapy), or sublingual immunotherapy (SLIT).



## CURRENT POLLEN COUNTS

As pollen counts in your area rise, it is always a good idea to monitor the pollen counts in your area to better predict when your allergies may flare. The American Academy of Allergy Asthma & Immunology have certified pollen counting stations that are part of the National Allergy Bureau. These stations provide daily updates on pollen and mold counts throughout the US.

- Bay Area Pollen Counts
  - Tree Pollen Counts - Moderate
    - Top species found: Poplar, Cottonwood, Aspen, Sycamore, Oak
  - Weed Pollen Counts - Not Present
  - Grass Pollen Counts - Not Present
  - Mold Count - Not Present
- Washington/Oregon Pollen Counts
  - Tree Pollen Counts - High
    - Top species found: Ash, Alder, Oak
  - Weed Pollen Counts - Not Present
  - Grass Pollen Counts - Moderate
    - Top species found: All mixes currently found
  - Mold Count - Not Present
- Idaho Pollen Counts
  - Tree Pollen Counts - Not present
  - Weed Pollen Counts - HIGH
    - Top species found: Sage, Wormwood
  - Grass Pollen Counts - Not Present
  - Mold Count - Moderate
    - Top species found: Cladosporium, Alternaria, Smut, Myxomycetes

## MEET MARIA DE LA O

***Maria is one of our CA Office Managers and our Patient Advocate! Read her story below!***

I am a mother of three; two sons and a daughter. My daughter has a severe allergy to peanuts, tree nuts and has environmental allergies. I was told by many allergists that there were no options for treatment, and our only option was avoidance of her allergens. My husband and I began to do research and found Dr. Jain. We began treatment when my daughter was 7 years old. She has successfully graduated from OIT to peanuts & tree nuts and SLIT to inhalants. We were so happy to have found Dr. Jain and his team as this was such a life changing treatment for our daughter. I fell in love with the staff and when she graduated I was sad we would no longer be coming in for treatment every Friday as this just became part of our routine. I was told that there was an opening in the clinic and I knew I had to apply. I knew this is where I wanted to be. I wanted to be able to help others and be of support throughout their OIT/SLIT journey. I have been with Columbia Allergy Clinic since January of 2016 and I truly enjoy every day. I love to help others and my best days are when I get to witness OIT graduations! I am so happy to say that my daughter's IgE numbers have dropped drastically and can continue to drop every year. Avoidance is not the only option!



## TIPS TO BOOST YOUR IMMUNE SYSTEM FOR TRAVEL

As summer nears, and travel becomes more popular and accepted now that COVID vaccines have rolled out, it is important to continue to protect your health and set your immune system up for success in preventing illness. Below are some tips to help support your immune system when traveling.

## STAY HYDRATED

Water composes 60% of an adult's body weight and it plays a crucial role in the function of the human body. Dehydration can cause compensatory mechanisms to kick in, creating additional stress on the body, which can impede normal immune function. Therefore, appropriate hydration is necessary for cellular and tissue function and for appropriate transport of other substances throughout the body including components of the immune system. Ensuring you are drinking enough water can help boost your immune system before, during, and after a trip.

Lack of sleep can increase inflammation throughout the body and lead to poor immune function. It can be easy to get wrapped up in a new location and forget to make time to sleep, or have difficulty sleeping while away from home, but it is best to still get about 7 hours of sleep nightly while traveling. Good sleep hygiene such as a cool, quiet environment, having a set sleeping schedule and avoiding alcohol and caffeine in the evenings can help you to have a more restful sleep and improve immune function.

## PROMOTE GOOD SLEEP HYGIENE

## APPROPRIATELY MANAGE HEALTH CONDITIONS

Lack of sleep can increase inflammation throughout the body and lead to poor immune function. It can be easy to get wrapped up in a new location and forget to make time to sleep, or have difficulty sleeping while away from home, but it is best to still get about 7 hours of sleep nightly while traveling. Good sleep hygiene such as a cool, quiet environment, having a set sleeping schedule and avoiding alcohol and caffeine in the evenings can help you to have a more restful sleep and improve immune function.

Travelers often think to prepare for international travel by obtaining required vaccines to protect themselves. However, this is rarely done when traveling domestically. We recommend ensuring you are up-to-date on all routine vaccines such as your tetanus, influenza, varicella, etc. prior to traveling to give your immune system that extra boost before traveling. If you have not yet received the COVID vaccine, we also recommend ensuring you have that prior to travelling even within the US.

## GET VACCINATED

# IN THE NEWS

**verywell** health

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**HealthDigest**

[The Real Reason Allergies Could Be Causing Your Sore Throat](#)



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Columbia Allergy Clinic has 16 convenient locations across state lines in Fremont, Oakland, Redwood City, Sunnyvale, San Mateo, California; Clackamas and Gresham, Oregon; Bellevue, Fishers Landing, Longview, and Salmon Creek, Washington; and Eagle, Idaho.