



January 2012 Edition



Winter can be a bad time for allergy sufferers

Outdoor pollen levels take a dive during winter. However, pollen from outdoors may continue to recirculate in the home and other allergens can make an allergy sufferer miserable. Common winter allergens include mould and mildew, dust mites and animal dander — all things likely to be found indoors. With houses shut up tight for winter, the colder months often mean living

in a sealed environment full of concentrated allergens. Furnaces can blow around dust, mould and even insect parts not trapped in their filters. Pets that might spend time outdoors during warmer weather are often indoors with their humans when temperatures drop. Firewood can carry mould spores to the indoors.

Signs of winter allergies are similar to those in other seasons. Coughing, dark circles under the eyes, itchy eyes and nose, runny nose, sneezing and watery eyes could all indicate an allergic reaction. Allergies can be differentiated from an infection by duration and whether symptoms include fever and chills. A cold probably will disappear in several days, while allergies will continue as long as the allergen is present; a cold often will cause fever and chills; allergies will not.

So, what can a person with winter allergies do? First, consider an evaluation by an allergist. An allergist can conduct testing to determine precisely which allergens are triggering symptoms. Once it is determined which allergens are triggering the problems, treatment can begin.

Environmental therapy for allergies simply means removing the offending allergen from the person's environment. Change to a furnace filter designed for allergy sufferers to reduce the circulation of allergies by the furnace. **PollenTEC** filters from **Allergy Canada** are made with a special patented fabric that removes up to 100% of pollens, other allergens and harmful airborne pollutants in the home.

Animal dander can be controlled through frequent bathing of pets with **Anti-Allergen Pet Shampoo** or applying **Allerpet Single Solution** and limiting pets' access to certain areas of the house — make bedrooms off-limits. Mildew and mould can be controlled through cleaning affected areas with **AllerMold** treatment or **ADMS Anti-Allergen Spray**. Proper ventilation and dehumidifying is key to prevent mould growth. All these products and more are available at www.allergycanada.com.

Medically, allergy sufferers might find relief through over-the-counter or prescription medications such as nasal corticosteroid sprays, antihistamines and decongestants. Those with severe allergies or allergies uncontrolled on medicines also might need to take regular allergy shots — injections formulated just for that person to combat their particular allergies. **Allergy Canada** makes Canada's best allergy injections. An allergist can help each allergy sufferer determine the best course to reduce the effect of winter allergies. It's important to treat allergies; left unchecked, they could contribute to more serious respiratory problems or repeated sinus infections.

Winter Special

Take 10% off
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*Offer valid until February 29, 2012 for phone or online orders.
Can not be combined with any other promotion.

