



March 2012 Edition

Spring Allergies Strike Early This Year

As meteorologists call for an early spring, allergists predict an early and long allergy season for 2012. While many people rejoice when the weather gets warmer, it's not always a pleasant time for everyone. Those who suffer from seasonal allergies know to expect difficulties around this time of year, but the severity of allergy season can vary. The presence of the common causes of spring allergies - pollen and mould - can fluctuate depending on a number of weather-related factors. Here are some of the conditions that can affect pollen counts, according to the experts.

Length of the growing season

Longer growing seasons might be a good thing for farmers and gardeners, but it can mean increased misery for allergy sufferers, as it increases the time pollen and mould are present as well.

Erratic weather

A warmer-than-usual winter season, as experienced this year, makes trees pollinate earlier. If spring weather fluctuates greatly between warm and cold spells, it can result in more intense periods of pollen release during the warm spells, when plants take the cue to grow and release pollen.

Rainfall

Rain can be either a good thing or a bad thing for allergy sufferers, depending on when it happens. The worst allergy seasons are often preceded by a wet spring, which promotes rapid plant growth later on. But rain can also provide a much-needed respite for those with allergies, as a heavy rainfall can help clear the air of pollen.

Wind

Dry and windy weather is not kind to people with allergies, as the wind spreads pollen and mould.

There are of course many other factors that contribute to high pollen counts and how each person may react. Even though it is difficult to precisely predict how intense an allergy season will be, there are steps to take to limit your exposure to your allergens:

❖ Install **PollenTEC** window and door screens to filter out up to 100% of certain pollens and other harmful particles. Replace old furnace filters with **PollenTEC** air filters to stop airborne allergens and pollutants from entering the home.

❖ Cover your mattress and bedding with **Allergy Canada** dust mite-proof encasings for protection against dust mite infestation. Launder linens with **Acaril Additive** that removes dust mites. You can get these items at www.allergycanada.com.

❖ Target problematic moulds by treating them with **AllerMold Spray**.

❖ Dander from cats, dogs and other pets can be removed by using **Allersearch Anti-Allergen Shampoo** or use **Allpet Single Solution** for pets that dread baths.

Your doctor may also recommend allergy shots, also known as immunotherapy, which can alter the progression of allergies, providing more than just symptom relief. These can be prescribed in a form of a preseasonal or year-round treatment. Immunotherapy for the appropriate patients can result in health care cost savings of up to 41 percent.

Spring Special

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