

Know now: Rethink your seasonal allergy strategy



Living here is a sneezing, sniffing struggle for so many of us. Everyone, from children to our seniors, can suffer from allergies. Here in Nevada, pollens from mulberry and olive trees, grasses and weeds, and even your own pets can trigger allergic reactions.

Pollen myths

Desert landscaping is good for conservation, but it doesn't reduce your risk of allergies. Pollen can travel at least 50 miles and sometimes is carried on the wind for hundreds of miles. How? Pollen is microscopic, and everywhere.

The 7 consequences of allergies

If allergies are left untreated, they can lead to serious and chronic conditions, like:

- Asthma
- Headaches
- Poor sense of smell
- Snoring and sleep apnea
- Nasal polyps
- Recurrent sinus and ear infections
- Enlarged tonsils and adenoids

Children and young adults could even need orthodontic braces because of allergies.

Stop the “allergic march”

Uncontrolled allergies set a progression in motion – the “allergic march.” This is the path that eventually leads to those more-serious consequences. Over-the-counter medications like pills and nasal sprays only mask symptoms. To truly control allergies, you may benefit from rigorous testing and immunotherapy.

A force field for your immune system

When you see an allergy doctor, you'll be tested to learn what the main triggers of your allergic reactions. From there, we can find the targeted therapy that is best for you. Immunotherapy (allergy shots) and doctor-prescribed medications can improve control of allergies and reduce your chances of asthma. After receiving allergy shots for a recommended time, benefits of treatment can last for years – even after stopping.



See if it's time to change your allergy strategy. To make an appointment with a Southwest Medical or Optum doctor, or to find care, call 1-702-877-5199, TTY 711.

Optum

 Southwest Medical®
Part of Optum™