

Spring Allergies are Here Already

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DENVER, CO — For many, spring has come early this year, and the allergy season is already underway. Trees begin spreading pollen before leaves appear on their branches. Grass and weeds will begin pollinating later in the year.

"Most people associate the beginning of allergy season with flowering trees and plants, but the reality is allergy season begins much earlier, when buds on otherwise bare trees begin releasing their pollen," said Kirstin Carel, MD, assistant professor of pediatrics at National Jewish Health. "People who suffer from tree allergies may already be experiencing symptoms and should begin taking steps now to minimize them."

Dr. Carel offers advice on steps you can take now to get ahead of the spring allergy season.

Know exactly what you are allergic to. See an allergist and have testing done to determine which pollens or other items (molds, pets, etc.) that you are allergic to. Specifically knowing what you are allergic to can help your allergist tailor your treatment plan.

Start your allergy medications now. Whether you take nasal sprays and/or oral medication, begin taking your allergy medications now before your symptoms start. Beginning those medications now can help lessen the severity of your symptoms later.

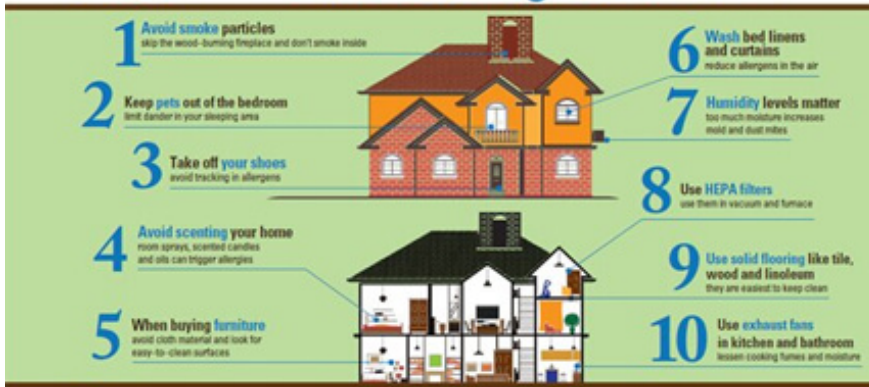
Stay consistent. Take your medications as prescribed. Consistently taking your medications will work much better with consistent use rather than used only as urgent relief.

Nasal washes can be very helpful. Many people with allergic rhinitis, allergic asthma, or other lung problems also have nasal and sinus symptoms. Drainage from your nose and sinuses can make rhinitis and asthma worse, especially at night. A salt water nasal wash, or nasal irrigation, can help reduce this. View the updated [nasal wash guidelines](#).

Monitor pollen counts. Know the pollen counts each day. On high pollen count days keep your windows closed to minimize exposure to pollens. If you have been outdoors a lot, showering before going to bed can go a long way toward helping you get a good night's sleep.

View our infographic on hidden home allergens.

10 Ways to Curb Hidden Allergens at Home



National Jewish Health is the leading respiratory hospital in the nation. Founded 125 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of children and adults with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the [media resources](#) page.

Media Resources

We have many faculty members, from bench scientists to clinicians, who can speak on almost any aspect of respiratory, immune, cardiac and gastrointestinal disease as well as lung cancer and basic immunology.

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Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

Adam Dormuth

[303.398.1002](tel:303.398.1002) office
[970.222.5034](tel:970.222.5034) mobile
dormutha@njhealth.org

Jessica Berry

[303.398.1082](tel:303.398.1082) office
[303.807.9491](tel:303.807.9491) mobile
berryj@njhealth.org