

certified
ALLERGY & ASTHMA
consultants

THE MORE YOU KNOW, THE BETTER YOU'LL FEEL.

ALLERGY FACTS

- More than 50 million Americans suffer from allergies and some don't even know it.
- 40% of kids and 30% of adults have seasonal allergies.
- Common symptoms are: sneezing, stuffy nose, post nasal drip, watery eyes and itchy nose and eyes.
- Seasonal allergies occur in the spring, summer and early fall.
- Tree, grass and weed pollen and mold are the most common triggers of seasonal allergies.
- 40% of patients with allergies also have asthma.

TAKE THE ALLERGY SYMPTOM TEST

During the Past Week...

- | | Never | Rarely | Sometimes | Often | Extremely Often | Score |
|---|-------|--------|-----------|-------|-----------------|-------|
| • How often did you have nasal congestion? | 1 | 2 | 3 | 4 | 5 | _____ |
| • How often did you sneeze? | 1 | 2 | 3 | 4 | 5 | _____ |
| • How often did you have itchy and/or watery eyes? | 1 | 2 | 3 | 4 | 5 | _____ |
| • To what extent did your allergy symptoms interfere with your sleep? | 1 | 2 | 3 | 4 | 5 | _____ |
| • How often did you avoid any activity (for example, gardening, exercising, being outside, visiting a house with a cat or dog) because of allergy symptoms? | 1 | 2 | 3 | 4 | 5 | _____ |
| Total Score | | | | | | _____ |

--Scorecard Below--

5 - 11

Your symptoms are mild, but don't interfere with daily activities. Monitor symptoms, they may change with the seasons.

12 - 18

Your symptoms cause discomfort or annoyance. Allergy testing could help identify the causes.

19 - 25

Your symptoms are disruptive to daily routine, hobbies and / or sleep. Allergy testing is the first step to allergy relief.

Simple allergy testing is available to find your triggers. Once your allergens are identified, a plan can be developed to control your symptoms and improve your quality of life.

If you're ready to work toward living allergy free, contact one of our five Albany-area offices.

Albany	(518) 434-1446	+
Clifton Park	(518) 383-0001	+
Saratoga Springs	(518) 886-7675	+
Schenectady	(518) 374-2266	+
Troy	(518) 272-1515	+

ABOUT CERTIFIED ALLERGY & ASTHMA CONSULTANTS

Since 1965, Certified Allergy & Asthma Consultants has specialized in the treatment of asthma and allergic disease. Conveniently located throughout the Capital Region, our eight physicians provide the highest quality of care to children and adults with asthma and allergies. Many physicians can treat allergy symptoms. Only an allergist is specially trained to diagnose the specific cause of allergy symptoms.