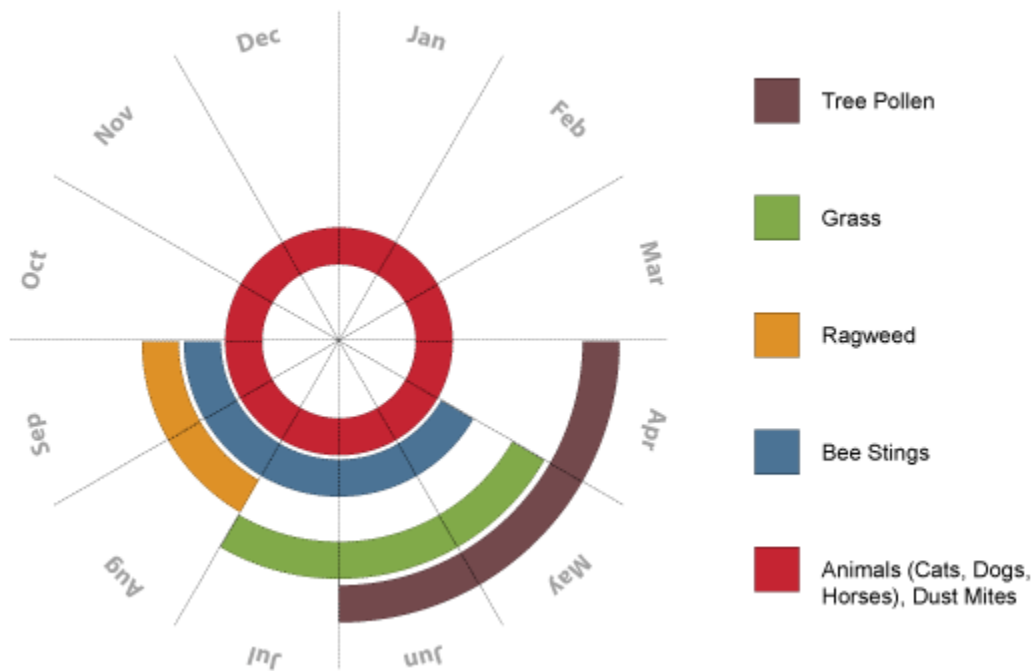**certified ALLERGY & ASTHMA consultants**

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

What Triggers an Allergic Reaction?

Allergies can be tricky, especially when you're referring to allergies that are found indoors *and* outdoors. What exactly causes allergies and how can you effectively treat them? Let's dive a little deeper to find out.

Outdoor Allergies

Pollen from trees, grasses and weeds along with mold spores are all considered common outdoor allergens. Allergens act as "triggers" which cause people to experience symptoms like sneezing, itchy watery eyes, nasal congestion and coughing many of us feel in the spring, summer and fall. If you've ever heard the term "seasonal allergies," this is referring to outdoor allergies that trigger at different times of the year.

Indoor Allergies

There are also indoor allergies which can impact us throughout the entire year. Common indoor allergens include: animal dander from cats and dogs, dust mites and indoor molds. Symptoms can include sneezing, nasal stuffiness, runny nose, itchy, watery and/or red eyes, itchy ears, and a scratchy throat. In addition, sinus headaches, facial pain and cough can also occur.

Diagnosing and Treating Allergies

Now that we understand the different indoor and outdoor allergies and what causes our reactions to them, it's time to determine how to treat them. First, a diagnosis is in order. To diagnose allergies, a physician first obtains a history from the patient and performs a physical exam. From there, allergy skin testing is usually performed to determine the cause of any allergic symptoms.

Sadly, there's no quick and easy answer to treating allergic symptoms. The first step is determining the specific triggers of your symptoms, followed by a treatment plan including medications to help control symptoms.

To learn more about allergies, diagnoses and treatment, contact one of our five Albany-area offices.

Albany	(518) 434-1446	+
Clifton Park	(518) 383-0001	+
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