

THE WILLIAM STORMS ALLERGY CLINIC And The Cough Center

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Cold Weather and Allergies

During the cold months, allergy sufferers are safe from pollens and other outdoor sources of irritation. Those who experience discomfort and symptoms are most likely reacting to something indoors. Winter allergies are manifestations of sensitivities to mold, pets, and house dust. Exposure is greater at this time of year since we spend more time indoors during the cold months. To reduce the chances of having allergic issues, it is important to address house dust. Keep the bedroom clear of items that can collect dust. Pets should be given regular baths to avoid dander issues. If you use a humidifier, be sure that it is not set too high, and clean it and change the water daily to avoid mold buildup.

Indoor air pollutants, such as fumes from kerosene heaters or wood burning stoves, can accumulate and cause your allergies to flare up. To determine if you are experiencing winter allergies or are getting repeated colds, it is recommended that you see your allergist. Please call THE WILLIAM STORMS ALLERGY CLINIC at 719-955-6000 for a consultation or more information. Located at 1625 Medical Center Point, Suite 190., we are a full service medical clinic providing diagnosis and treatment of nasal allergies, hay fever, asthma, chronic cough, bee allergies, sinusitis, and food allergies. Our experienced staff is dedicated to your individual needs.

P.S. An air purifier can make a big difference for allergy sufferers during the cold months.