North Texas is filled with year-round seasonal allergens spawned from pollen of trees, ragweed, pigweed and others. The Asthma and Allergy Foundation of America ranked the Dallas area No. 7 on its 2014 “100 Most Challenging Places to live with Allergies” list.

Sources: Eric J. Schmitt, M.D., Frisco Allergy and Asthma Center; Dr. William C. Howland III, M.D., Allergy and Asthma Center of Austin; Katherine Webster, LAc, MAcOM, Texas Center for Acupuncture & Herbal Medicine

Local allergists recommend a variety of treatments that can help prevent or relieve most seasonal allergies and their symptoms.

**Antihistamines—oral, nasal sprays, eye drops**

The human body reacts to pollen by releasing histamines, which cause congestion, itchy eyes and other symptoms. Antihistamines such as Allegra and Claritin or the nasal spray Dymista counter the body’s reactions and are available without a prescription. Eye drops such as Alaway and Zaditor relieve itchy eyes.

**Nasal steroids**

Patients opting for this treatment should begin using nasal steroids before an allergy season and use them daily during the season, along with other medications such as antihistamines. Flonase and Nasacort are common nasal steroids.

**Immunotherapy**

Allergists can treat sufferers with injections or tongue tablets that contain weakened allergen doses. The treatment allows the body to slowly become more tolerant or immune to the presence of allergens. These treatments are prescription-only and are administered by a doctor. Patients may respond to treatments with allergic reactions, thereby requiring doctor supervision and treatment with an epinephrine autoinjector to prevent shock.

**Injections:** Patients with 3–5 years of this treatment may have fewer allergies for years.

**Oralair, Ragwitek and Grastek:** In April the Food and Drug Administration approved these under-the-tongue tablets that are designed to treat specific forms of seasonal allergies. Treatment is usually started about 12 weeks before the start of the pollen season and continued throughout the season. After the first dose is administrated it can be taken at home.

**Local allergy clinics**

- **Allergy & Asthma Centres of the Metroplex**
  1149 Keller Parkway, Ste. C, Keller
  817-741-3131
- **Mid-Cities Allergy & Asthma Clinic**
  2305 Central Park Blvd., Bedford
  817-571-6622
- **Texas Ear, Nose & Throat Specialists**
  615 Hospital Parkway, Ste. 201, Bedford
  817 540-3121
- **Texas Regional Asthma and Allergy Clinic**
  900 E. Southlake Blvd, Ste. 300, Southlake
  817-421-0770

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  Dec 13 | 4:00 pm, 5:45 pm & 7:30 pm
- **SUN**
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