

Asthma and Seasonal Allergic Rhinitis

Are you really in control?

Spring is officially here and so is the beginning of allergy-induced asthma. Approximately 20 million Americans have asthma. Nine million U.S. children under 18 have been diagnosed with asthma. More than 70% of people with asthma also suffer from allergies. 10 million Americans suffer specifically from allergic asthma.

For most patients with asthma, allergic rhinitis can directly impact on asthma attacks. Uncontrolled rhinitis results in recurrent acute asthma attacks (extrinsic asthma). Multiple physician office and emergency room visits, hospitalizations, days lost from school/work, reduced productivity and above all poor quality of life for the sufferers.

Some seasonal allergy sufferers do not only have to deal with the misery of sneezing, congestion, runny nose and itchiness in the nose, roof of the mouth, throat, eyes and ears, for some this means recurrent acute asthma episodes with shortness of breath, difficulty breathing, wheezing, nighttime cough and poor activity tolerance.

Weather changes like rain showers and wind provide suitable conditions for hydration of pollen capsules, release of pollens into the air and transportation of airborne pollens to regions far and near. During spring, summer and fall, tending the yard and outdoor activities pose extreme difficulties to asthma and allergies sufferers and could result in exposure to pollens, wind, extreme heat and humidity which could all serve as triggers for asthma attacks.

What to do now? If your acute asthma episodes are preceded by runny nose, congestion, itchy nose etc, you may want to find out if you have extrinsic/seasonal/allergy-induced asthma. For such asthma sufferers, achieving asthma control is only possible if the allergies are identified, controlled and managed appropriately. If you are on asthma and allergy medications and still have symptoms, then contact your primary care provider for help. If your symptoms still persist, then request to see an allergy, asthma and immunology specialist for further evaluation and management. Comprehensive evaluation and individualized management regimen will help you breathe right, enjoy the outdoor and also sleep well at night.

How controlled is your asthma?

Take the Asthma Control Test to find out.

During the past 4 weeks:

1. How much time did your asthma keep you from getting as much done at work, school or home?
① All the time ② Most of the time ③ Some of the time ④ A little of the time ⑤ None
2. How often have you had shortness of breath?
① More than once a day ② Once a day ③ 3-6 times/week ④ 1-2 times/week ⑤ None
3. How often did your asthma wake you up at night (*wheezing, coughing, shortness of breath, chest tightness*)?
① 4 or more nights/week ② 2-3 nights/week ③ Once/week ④ Once or twice ⑤ None
4. How often have you used your rescue inhaler or nebulizer medication (such as albuterol)?
① 3 or more times/day ② 1-2 times/day ③ 2-3 times/day ④ Once/week ⑤ None
5. How would you rate your asthma control?
① Not controlled ② Poorly ③ Somewhat ④ Well ⑤ Completely

If you scored 19 or less, your asthma may not be controlled as well as it could be. Discuss your test with your doctor. Take the Asthma Control Test from time to time no matter how good you feel. See your doctor on a regular basis to make sure you're doing all you can to keep your asthma in control.



Ask Dr. Annie
info@aaaimichigan.com

Dr. Annie Arrey-Mensah, MD
Board Certified in Asthma, Allergy & Immunology
Adults & Children

Free Yourself from allergy, asthma and immune system problems!
Do you or your loved one suffer from...

- Headaches
- Wheezing
- Watery Eyes
- Sneezing
- Asthma
- Runny Nose
- Bronchitis
- Sinus Infections
- Mouth Breathing
- Throat Clearing
- Frequent Cough
- Pneumonia
- Recurrent Abdominal Pain
- Frequent Diarrhea
- Rashes
- Swelling
- Chronic Congestion

If you answered YES to any of these symptoms you or your loved one may have allergies, asthma or immune system problems.

ASTHMA ALLERGY & IMMUNOLOGY INSTITUTE

DR. ANNIE ARREY-MENSAH M.D.

Board certified in asthma, allergy and immunology adults and pediatrics.

248-304-8904 • WWW.AAIIMICHIGAN.COM

29275 Northwestern Highway • Suite 202 • Southfield, MI 48034