

# Attention Allergy Sufferers...

*You Don't Have to just tough it out!*

Spring is around the corner and so is the hay fever season and the associated misery that comes with it. For many of us, Spring means months of sneezing, coughing, itchy eyes, nose and ears, scratchy throat and being drowsy from medication and almost always tired.

These are some of the effects of hay fever. Hay/Rose fever (allergic rhinitis) is an inflammation of the mucous membrane which lines the nose and sinuses typically caused by pollen from trees, grasses or weeds.

Hay fever manifests as chronic headaches, sneezing, runny/stuffy nose, postnasal drip, breathing problems, sore throat, chronic cough, watery eyes and chronic fatigue etc. Typically, some of these symptoms are not serious enough to warrant a visit to the doctor's office so we endure and try to 'tough it out' using a multitude of expensive over-the-counter medications like antihistamines and decongestants.

While we think we are coping with our symptoms by self medicating, all indications are that we are not performing at peak levels at work, school and/or home. Severe hay fever is one of the most common causes of daytime fatigue and lack of energy.

What to do about it? If you experience the above symptoms contact your primary care provider (PCP) for help. And if your symptoms persist, insist that your PCP refer you to an asthma, allergy and immunology specialist for further evaluation and management. These specialists perform a complete evaluation and then design management programs to control your hay fever. Managing your hay fever properly will greatly improve your quality of life.

## MICHIGAN ALLERGY SEASONS

### TREE POLLEN SEASON

**MARCH - JUNE**

The top pollen producing trees are: Maple, Oak, Hickory, Birch, Cottonwood, Ash, Walnut, Beech and Elm.

### GRASS POLLEN SEASON

**MAY - JULY**

The top pollen producing grasses are: Blue, Orchard, Red Top, Timothy, Perennial rye, Bermuda and Johnson.

### WEED POLLEN SEASON

**JUNE - OCT.**

Giant and Short Ragweed, Kochia Cocklebur, Lambs quarter, Pigweed, English Plantain, March Elder, Tumbleweed.



DR. ANNIE ARREY-MENSAH M.D.  
*Board certified in asthma,  
allergy and immunology  
adults and pediatrics.*

# Free

*Yours*elf from allergy, asthma and immune system problems!  
Do you or your loved one suffer from...

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

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

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248-304-8904 • [WWW.AAIIMICHIGAN.COM](http://WWW.AAIIMICHIGAN.COM)

29275 Northwestern Highway • Suite 202 • Southfield, MI 48034