

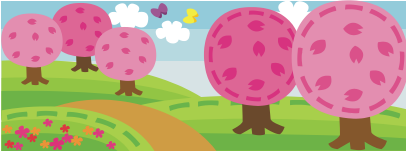
Achooo Newsletter

Providing personalized care since 1927



NORTH TEXAS ALLERGY AND ASTHMA ASSOCIATES

Volume 3, Issue 1



Tips to Remember:
Outdoor Allergens



Spring
2011



Seasonal allergic rhinitis, or "hay fever," affects more than 35 million Americans. If you suffer from it, you may experience sneezing, stuffiness, a runny nose and itchiness in your nose, the roof of your mouth, throat, eyes or ears. These allergic reactions are most commonly caused by pollen and mold spores in the air, which start a chain reaction in your immune system.

Your immune system controls how your body defends itself. For instance, if you have an allergy to pollen, the immune system identifies pollen as an invader or allergen. Your immune system overreacts by producing antibodies called Immunoglobulin E (IgE). These antibodies travel to cells that release chemicals, causing an allergic reaction.

Pollen are tiny cells needed to fertilize plants. Pollen from plants with colorful flowers, like roses, usually do not cause allergies. These plants rely on insects to transport the pollen for fertilization. On the other hand, many plants have flowers which produce light, dry pollen that are easily spread by wind. These culprits cause allergy symptoms. Each plant has a period of pollination that does not vary much from year to year. However, the weather can affect the amount of pollen in the air at any time. The pollinating season starts later in the spring the further north one goes. Seasonal allergic rhinitis is often caused by tree pollen in the early spring. During the late spring and early summer, grasses often cause symptoms. Late summer and fall hay fever is caused by weeds. Pollen and mold counts measure the amount of allergens present in the air.

The National Allergy Bureau TM (NABTM) is the nation's only pollen and mold counting network certified by the American Academy of Allergy, Asthma & Immunology (AAAAI). As a free service to the public, the NAB compiles pollen and mold levels from certified stations across the nation. You can find these levels on the NAB page of the AAAAI's Web site at www.aaaai.org/nab.

American Academy of Allergy, Asthma & Immunology, 2010
Abridged from version found at: <http://www.aaaai.org/patients/publicedmat/tips/outdoorallergens.stm>

Reminder: Please visit our website at www.texasallergyonline.com.
Our website provides a link to pollen counts!

Office News

- Dr. Gupta and Robert Dudley, FNP-C are grateful to be serving on the board of directors for Asthma & Allergy Foundation of America (AAFA) - Texas Chapter.
- In May/June, we will be moving our Plano office from Suite 610 to Suite 485 (in same building) for more space to serve you better.
- Also, we will soon be opening an office in Bedford. We will post more information in the near future.
- We are participating in 3 health fairs as follows:

April 15th, 9 a.m. to 12 p.m.
Park Cities YMCA
6000 Preston Road
Dallas 75205

May 1st, 1:00 p.m. to 3:00 p.m.
MSDA Church
300 Paza Dr.
Mesquite 75149

May 14th, 10 a.m. to 4 p.m. at
St. Paul Lutheran Church
6565 Independence
Plano 75023

Offices:

Texas Health Resources-
Presbyterian Dallas
8220 Walnut Hill Lane, Suite 101
Dallas, TX 75231
Phone: 214-369-1901

Baylor - Plano
Medical Pavilion 1
4708 Alliance Blvd, Suite 610
Plano, TX 75093
Tel: (972) 596-4383

Fax: 214-369-1905

www.texasallergyonline.com

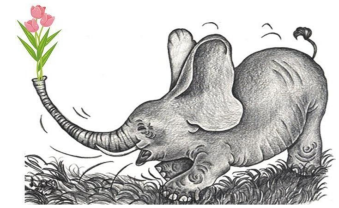


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Solution



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NORTH TEXAS ALLERGY AND ASTHMA ASSOCIATES

Our staff excels at providing you and your family with personalized and excellent health care. Our emphasis involves intertwining education, medication, and proven medical modalities. We specialize in the treatment of nasal allergies, asthma, eye allergy, sinus disease, and allergic skin disorders. Our office performs the following procedures: allergy skin testing, allergy RAST testing, spirometry (pre and post bronchodilator), ear irrigation, and patch testing.

We're on the web!
www.texasallergyonline.com

COMMON NORTH TEXAS TREES

1. Mountain Cedar---found throughout Texas, but primarily in the hill country around Austin and San Antonio. It pollinates in December, January and February. There are few redeeming features about this tree. They require lots of water and will take it from the other plants close to it. They crowd out the native hardwoods and grasses. One of the worst for allergy problems in Texas.
www.peopleagainstcedars.com

2. Elm--there are several varieties, some blooming in the early spring and others blooming in the fall. They are wind pollinated, meaning that the pollen can blow for miles and cause allergic people to have a lot of problems! Elms are susceptible to disease, the most prominent being Dutch Elm. They need water and require good drainage.

3. Hackberry--popularly known as a "junk tree". They tend to pop up in fence rows, gardens, anywhere the berries can be dispersed, usually by birds. They are related to Elms. This tree, that grows 40-80 feet tall and pollinates in March, is tolerant of any type of soil, moisture, and heat. They grow rapidly and the berries will stain concrete.

4. Oak--over 600 varieties are identified. This is a very popular hardwood, used for furniture, building, and landscaping. They pollinate from March to May, depending on the species. The ones most often seen around the Dallas area are: Live Oak (Virginia and Local), Water Oak, Red Oak, White Oak, and Bur (Mossy Cup) Oak. The bark is used in the leather tanning process and some are used in homeopathic medicine. Acorns may be injurious to livestock due to the tannic acid. People can eat the acorns after they have been processed.

5. Mesquite--another "junk tree" Ranchers hate them, since they have 2 inch thorns that can injure livestock and they are virtually impossible to get rid of once they have become established. Livestock can, and will, eat the leaves and small branches. They can reach 30 feet tall, 40 feet wide, and pollinate mid to late spring. Pollination is via wind and the pollen can blow for miles. These are found more in the area west of Ft. Worth and are extremely drought tolerant.

6. Pecan--The State Tree of Texas. They are wind pollinated and are one of the last trees to bloom, usually in early to late May. Very commercially important, the nuts that ripen in the fall and the hardwood are shipped all over the world. These trees grow to be 70 to 100 feet tall and can live over 150 years. They are a close cousin of the Hickory tree. Webworms are the biggest pest and can be controlled by spraying with Bacillus thuringensis. Squirrels can plant an entire neighborhood by burying the nuts from just one tree!!!

WHICH TREE CORRESPONDS TO WHICH LETTER? (solution on page 1)

a



b



c



d



e



f

