



# A Runner's Guide To Allergies

## Pollen Seasons

Late March to end of May	Mid May to late June	Mid August to October
Tree Pollen	Grass Pollen	Fall Pollen

- ▶ **Avoid reactions...** make yearly appointments with your allergist to find out what you are allergic to to prevent a serious reaction.
  - ▷ Some runners can go into anaphylactic shock during pollen season if their allergies are untreated.
  - ▷ **If you have a serious allergy to pollen...**
    - Carry a cell phone with you while running
    - Inform a friend or family member of your running route
    - Talk to a physician about other precautionary steps you can take to avoid any issues with allergies
- ▶ **Early Spring** is the worst time for runners with allergies because of the mixture of cold weather and pollen.
  - ▷ This combination can cause exercise-induced asthma.
    - Typically, after 5 to 10 minutes of vigorous exercise has stopped is when you will see symptoms (asthma or an anaphylactic reaction) triggered
    - By wearing a face mask or putting a scarf over your mouth and nose, you can filtrate the air around you. This will also keep your mouth and nose from drying out. You can always run indoors on a treadmill, as well!
- ▶ Talk to your physician about what medication to take to control your allergies.

**Call us today. See us today!**  
**1-855-ENTA-DOC**