

## Symptoms to Discuss with Your Doctor

To aid in deciding the right allergy treatment for you, please consider the following for discussion with your doctor (check all that apply):

### 1. These are the symptoms I'm experiencing:

- Congestion
- Postnasal drip
- Sneezing
- Itchy nose
- Runny nose
- Other:

### 2. My symptoms are:

- Mild
- Moderate
- Severe

### 3. I experience these symptoms mostly during:

- Spring
- Summer
- Fall
- Winter
- All year long

### 4. My allergies bother me most when I am:

- Outside
- Inside
- Near smokers
- Near cars
- Cleaning

## Locations

1. **St. Mary's Hospital**  
South Medical Office Building  
5875 Bremond Road, Suite 308  
Richmond, Virginia 23226
2. **Midlothian**  
161 Wadsworth Drive  
Richmond, Virginia 23236
3. **Hanover**  
7485 Right Flank Road, Suite 210  
Mechanicsville, Virginia 23116
4. **Virginia Ear, Nose & Throat Surgery Center**  
402 Westhampton Station  
Richmond, Virginia 23221

For an appointment please call:

**(804) 484-3734**



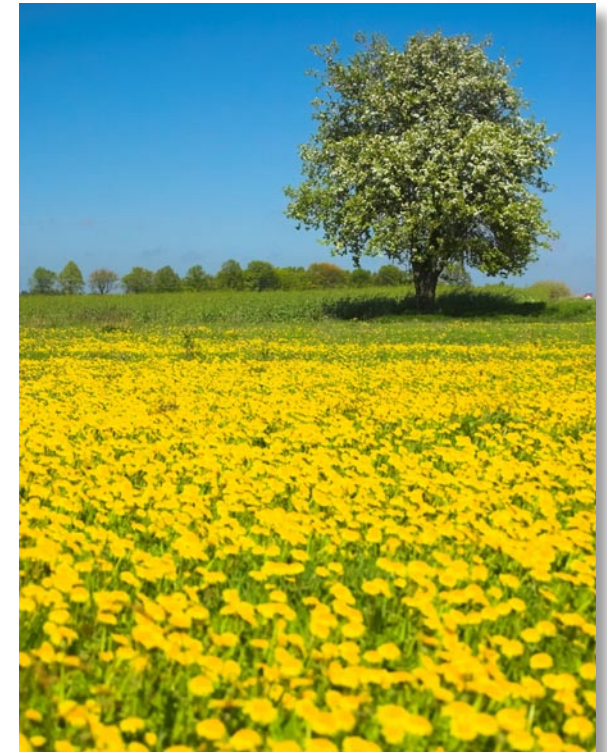
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ASSOCIATES

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Otology & Neurotology  
Sinus & Nasal Treatment  
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For more information visit:

**VirginiaENT.com**

# Breathe easy this allergy season



**Allergy Services**  
at Virginia Ear, Nose & Throat Associates

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## Allergy Services

Allergy Services is a division of the medical practice Virginia Ear, Nose and Throat Associates. The practice consists of otolaryngologists (ENT doctors) and highly trained clinical staff who provide specialized care of the ear, nose and throat, including conditions such as inhalant allergies. Offering allergy services within an ENT practice gives patients direct access to the most effective care and technology and is simply more convenient. If patients over 7 years old experience ailments such as frequent sinus or ear infections, post nasal drainage, rhinitis, or trouble breathing through the nose, allergy testing may be advised to find the underlying cause.

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## What is an allergy?

An allergy is a condition, often inherited, in which the immune system overreacts or is hypersensitive to a foreign substance or allergen. Repeated exposure to an allergen causes the body to react as if it were fighting an enemy invader, such as bacteria or virus. It is possible to be allergic to an extraordinary range of substances. Nearly half of the 50 million Americans who suffer from allergies are allergic to inhalants such as:

- plant pollens (trees, grasses and weeds)
- mold spores (outside and inside)
- dust and dust mites
- cats
- fur and dander



## What are allergy symptoms?

The affects of allergens on an individual can be seasonal (hay fever) or year round (perennial) and can vary from one person to another. Virginia's humid climate and wide variety of trees, grasses and agricultural plant pollen can make allergy sufferers particularly miserable during the spring and fall with symptoms such as:

- plant pollens (trees, grasses and weeds)
- mold spores (outside and inside)
- frequent sinus or ear infections
- watery/itchy eyes or conjunctivitis
- coughing, sneezing or wheezing
- itchy nose, mouth or throat
- ear congestion
- headache
- runny nose
- stuffy nose
- impaired smell
- sore throat
- fever or flushing
- fatigue



## How do you test for allergies?

Knowing the source of the allergen is the first step toward managing and treating allergies. Allergy testing should be considered if symptoms are persistent and unmanageable. Testing methods today are not painful and much simpler than in the past. The initial visit consists of an allergy history review, skin testing on the arm and blood testing.

## How are allergies treated?

Based on the results, the allergy specialist will recommend a treatment plan which can include:

- allergen avoidance methods
- medications to suppress the reactions
- immunotherapy to desensitize the immune system to the allergen in the form of:
  - injections (shots) — traditional method
  - sublingual (under the tongue) drops — a new and exciting advance which is safer and administered at home

Immunotherapy is typically given for 3-5 years. Both forms of immunotherapy are tailored specifically to each patient.

