

Ask the Doc: I Feel Like My Head Is Going To Explode!

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J.W. from Water Mill asks, “What can I do about my allergy symptoms that have started up again?”

Well folks, we thought it might never happen, but spring has definitely arrived. That means sunshine, outdoor activities, maybe some yard work — and allergy symptoms like coughing, itchy watery eyes, a runny nose and sneezing. But did you know that headaches, sore throat, upset stomach, and, secondarily, even skin rashes and eczema can also be caused by allergies?

There is a lot that can be done to help the allergy symptoms. Anti-histamine pills can give short-term relief, and may make you sleepy, but don't solve anything. They suppress the release of histamine, the biochemical that then causes all of those annoying symptoms, but do nothing to stop the allergy cascade up to that point and so don't change or heal anything. Underlying allergies to molds, foods, animal dander, house dust and house dust mites predispose you to stronger allergic reactions to the pollens once they start to fly. If you go to pollen.com and put in your zip code you can get a good idea of how high the pollen count is and what the offending foliage may be.

Short of moving to Arizona, your action plan may include buying a multistage air purifier, keeping Fido out of your bedroom, adding some nutritional supplements or getting allergy desensitization therapy such as we do in our office. Supportive supplements that we find helpful may include Nettle, NAC and Quercetin just to get you started. Vitamin C and Cyto-Ess are also very helpful as a second round of immune supporting supplements. Get your vitamin D level checked as low levels seem to foster allergy symptoms. Many people with respiratory tract allergies also have food allergies and they can contribute greatly to the production of mucus and make your suffering worse. A diet that has more vegetables and less dairy and wheat would be a good start, especially in kids. Remember to drink plenty of water as it will thin the mucus and make it easier for your body to deal with congestion. Keep the Kleenex close.

Send in your questions and be well.