



Hay Fever (Allergic Rhinitis)

Allergic rhinitis is caused by allergens, which are usually harmless substances but trigger an allergic reaction in some people. People with rhinitis are prone to symptoms such as runny nose, sneezing, congestion, and sinus pressure. Rhinitis can contribute to other problems such as asthma, sinus or ear conditions or trouble sleeping.

Seasonal allergic rhinitis, often referred to as hay fever, is typically caused by outdoor allergens such as pollen from trees, grasses and weed. Perennial allergic rhinitis occurs year-round. It is usually triggered by allergens such as pets or dust mites.

Some people with rhinitis symptoms don't suffer from allergies. The symptoms may be similar, but the causes are different. Strong odors, pollution, smoke and other irritants may cause symptoms of non-allergic rhinitis. Medications and other chronic health conditions can also contribute to non-allergic rhinitis symptoms.

Allergy & Allergic Rhinitis Screening:

Please check any of the symptoms below that affect you.

Nose

- Nasal congestion that persists for long periods of time.
- Post nasal drainage that persists for long periods of time.
- Sneezing that may be seasonal or all the time.
- Runny nose that may be seasonal or persistent.
- Nasal & or sinus pressure season or continuous.

Eyes

- Itchy, scratch, irritated, dry, swollen or red

Ears

- Popping, pressure, pain or stuffy

Throat

- Scratchy, itchy, sore, having to clear the throat often

Lungs

- Persistent cough, wheezing, shortness of breath

If you checked 3 or more boxes you may have a serious allergy disease. We suggest you talk with your physician about what treatments are available.

If your symptoms are making you miserable, we can help!

J. Stan Johnson, M.D. is Board Certified since 1994 by the American Academy of Otolaryngic Allergy. Doctor Johnson has advanced training and experience to test which allergens are causing your symptoms. A treatment plan will be developed specifically for you to help you feel better and live better.

To schedule an allergy consultation appointment with Dr. Johnson, please call:

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