



BergerHenry ENT specialists are equipped to diagnose and treat allergies through a variety of methods, depending on your specific triggers and symptoms.

Common treatments include:

-  **Allergy testing:** Identifies the allergens causing your symptoms.
-  **Medications:** Antihistamines, nasal sprays, and decongestants can offer relief.
-  **Immunotherapy** (Allergy Shots and Sub-Lingual Drops): Helps your body become less sensitive to allergens over time.
-  **Lifestyle changes:** Minimizing exposure to allergens by keeping your home clean, using air filters, and washing bedding regularly.

Whether your symptoms are mild or severe, BergerHenry ENT doctors can guide you through the best treatment plan to relieve your allergies and improve your quality of life.

Six Suburban Philadelphia Locations

East Norriton

Berger/Henry ENT Center
(610) 279-7878



Allergy Testing
Monday-Thursday

Roxborough

Jamestown Medical Building
(215) 482-3100

Chestnut Hill

Chestnut Hill Medical Building
(215) 248-2400

Willow Grove

Regency Towers
(215) 830-8620

Lansdale

Montella Crossing
(215) 362-6700

Phoenixville (Oaks)

The Oaks Medical Center
(484) 684-6800

RELIEF
from
ALLERGIES



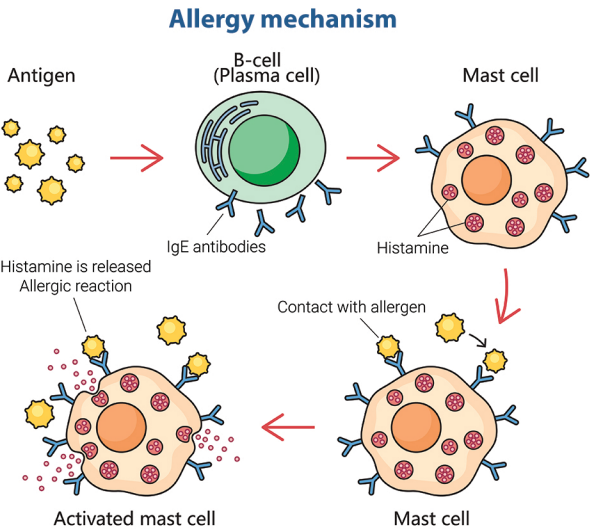
CALL US FOR AN APPOINTMENT
(610) 279-7878

BergerHenryENT.com
60 West Germantown Pike, East Norriton, PA 19401

Understanding allergies: Why do we react?

Allergies are the 6th leading cause of chronic illness in the U.S. and affect over 50 million Americans. While there isn't yet a cure for allergies, the good news is that they are manageable and treatable.

In most allergic reactions, the immune system mistakenly identifies a harmless substance (allergen) as a threat. This triggers immune cells called mast cells and basophils to release histamine. Histamine causes symptoms like itching, sneezing, runny nose, watery eyes, and swelling. It's your body's natural immune response to these invaders.



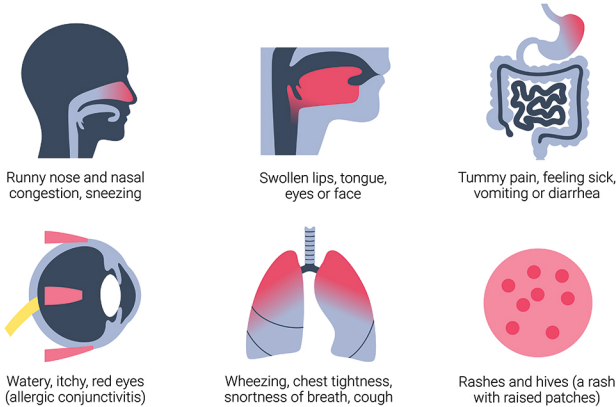
The downside to histamine is that it causes the mucus membranes in your nose to inflame. Your nose, eyes, and throat can begin to itch as your body fights to throw the invader allergens out. This is why “anti-histamines” are typically suggested by Berger-Henry ENT allergy doctors as an initial option in treating allergies.

It's important to understand what allergies are so you can recognize symptoms early and seek effective treatment. Allergies are common, but they don't have to control your life.

Spotting the signs: Common allergy symptoms

Allergic reactions manifest in many ways, depending on the type of allergen and the body's sensitivity to it.

Allergy symptoms



Untreated allergy symptoms can lead to more severe health issues such as:

- ✓ **Chronic sinus infections (Sinusitis):** Allergies can cause nasal congestion, leading to inflamed sinuses and chronic infections.
- ✓ **Asthma development or worsening:** Untreated respiratory allergies can worsen asthma, causing breathing issues, wheezing, and frequent attacks.
- ✓ **Ear infections:** Allergy-related nasal congestion can cause fluid buildup in the middle ear, raising the risk of ear infections, especially in children.
- ✓ **Sleep disturbances:** Allergy symptoms like congestion, sneezing, and itching can disrupt sleep, leading to fatigue and poor concentration.
- ✓ **Allergic conjunctivitis:** Itchy, red, and tearing eyes can lead to allergic conjunctivitis, causing discomfort and disrupting daily life.
- ✓ **Nasal polyps:** Untreated nasal allergies can cause nasal polyps, non-cancerous growths that block airflow and may need surgery.

Know your allergens: What could be triggering you?

Allergens found in the environment, food, or everyday products can trigger allergic reactions. Identifying those triggers is the first step toward finding relief.

Types of Allergies	Common Triggers
Outdoor	Pollen from trees, weeds and grasses Mold spores
Indoor	House dust mites Pets, Mold spores, Pillow feathers
Food	Tree nuts, Peanuts, Milk, Eggs
Insect Venom	Bee stings
Latex	Latex rubber
Medications	Penicillin, Sulfa drugs
Chemical	Paints, Carpeting, Plastics, Perfumes

Common allergy myths

- ✗ **Myth: Allergies Aren't Serious**
Reality: Allergies can be life-threatening, especially in the case of anaphylaxis, which requires immediate medical attention. Conditions like asthma, which is often triggered by allergies, can also be severe and lead to hospitalization.
- ✗ **Myth: Different Climates Can Cure Allergies**
Reality: Changing locations may bring temporary relief, but new allergens may be present in the new area. Over time, you may develop new allergies to local substances like different pollen types.
- ✗ **Myth: All Allergy Medications Cause Drowsiness**
Reality: While older antihistamines like diphenhydramine (Benadryl) can cause drowsiness, newer ones such as loratadine (Claritin) or fexofenadine (Allegra) are formulated to minimize this side effect.