

APRIL | 2008

Select Your Seed to Avoid the Sneeze

For those with seasonal allergies, lawns and gardens in spring can bring endless sneezing, itchy eyes, congestion, a scratchy throat and, sometimes, even an asthma attack. However, if you're an avid gardener with allergies, you can select certain plants that don't have as large an impact on the quality of your outdoor experiences.

To avoid symptoms, allergy sufferers should first identify which plants cause their allergic reactions. Skin testing by an allergist/immunologist can determine which allergens trigger reactions. An allergist/immunologist will also help you develop strategies to help avoid plants and pollen that trigger your allergies and can prescribe medications to alleviate your symptoms.

Allergy experts have found that some plants cause fewer reactions than others. For example, maple trees can cause problems for those allergic to its pollen, but trees such as apple trees cause very few allergic reactions. Weeds such as ragweed, pigweed and Russian thistle are common in the United States, are usually unavoidable and are highly allergenic. Other highly allergenic trees and plants include:

- Ash
- Cedar
- Cottonwood
- Oak
- Pine
- Saltgrass
- Timothy

Some trees, plants and grasses that have been found to be better for allergy sufferers include:

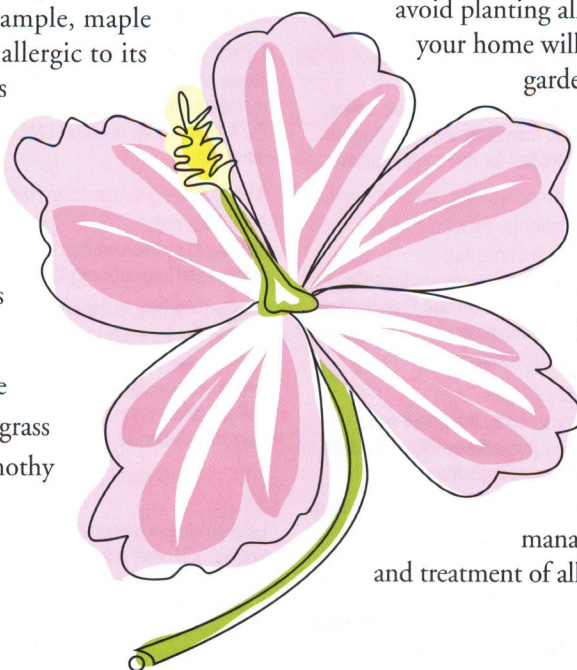
- Cacti
- Cherry
- Dahlia
- Daisy
- Geranium
- Hibiscus
- Iris
- Snapdragon
- Tulip

Other Tips:

Always wear a mask when gardening if you have seasonal allergies and avoid touching your eyes and nose. Leave all gardening tools, including your clothing, outdoors and be sure to shower immediately after working outdoors.

This will help control allergic reactions. Taking steps to avoid planting allergy-inducing plants near your home will help make it possible to garden, even if you do suffer from spring allergies.

Please contact an allergist/immunologist for information on treatment options and tips on reducing allergen exposure. It is important to learn what causes your indoor allergies so that you can take steps to make them easier to live with. An allergist/immunologist is the best qualified medical professional to manage the prevention, diagnosis and treatment of allergies and asthma.



For more information on gardening with allergies and asthma, please contact your allergist/immunologist. To find an allergist/immunologist in your area, visit www.aaaai.org/physref or call (414) 272-6071.

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