

For Release

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Ragweed Plants Packed with Pollen Are Back

MILWAUKEE – A single ragweed plant can produce up to one billion pollen grains, causing misery for the millions of people who suffer from poorly managed seasonal allergic rhinitis (hay fever), according to a briefing from the American Academy of Allergy, Asthma & Immunology (AAAAI).

Ragweed pollen is the primary culprit of fall allergies. While symptoms used to start in mid-August and run through September, in many parts of the country these symptoms now begin in early August and extend through October. Some research suggests that rising temperatures and higher carbon dioxide levels contribute to longer growth time of allergen-producing plants.

Symptoms include:

- Sneezing
- Stuffy or runny nose
- Itchy eyes, nose and throat
- Worsening of asthma symptoms

The first step in managing these symptoms is proper diagnosis. An allergist/immunologist will give a physical exam, ask about your health history and perform allergy testing to determine exactly what you are and are not allergic to.

Avoiding contact with the pollen is the best control. To know when to avoid spending a lot of time outdoors, the National Allergy Bureau™ (<http://www.aaaai.org/global/nab-pollen-counts.aspx>) is your reliable source for tracking pollen regionally.

Find the full briefing, along with more resources and expert advice from allergists on the AAAAI website. (<http://www.aaaai.org/Aaaai/media/MediaLibrary/PDF%20Documents/Libraries/EL-ragweed-patient.pdf>)

The AAAAI represents allergists, asthma specialists, clinical immunologists, allied health professionals and others with a special interest in the research and treatment of allergic and immunologic diseases. Established in 1943, the AAAAI has nearly 6,500 members in the United States, Canada and 60 other countries. The AAAAI's Find an Allergist/Immunologist service is a trusted resource to help you find a specialist close to home.

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