Tip of the Month from your Health and Wellness Committee

May is National Asthma & Allergy Awareness Month

May has been declared "National Asthma and Allergy Awareness Month." It's a peak season for asthma and allergy sufferers, and a perfect time to educate family, friends, co-workers and others about asthma and allergies.

Asthma symptoms include coughing, wheezing, shortness of breath, and a tightness in the chest.

Symptoms of allergies can vary in severity. Mild allergy symptoms include congestion, skin rash, and itchy water eyes. Moderate symptoms include difficulty in breathing, and itchiness.

In general, there is no cure for allergies or asthma, but there are several types of medications available – both over-the-counter and prescription – to help ease and treat annoying symptoms like congestion and runny nose. Here is a short list of allergy medicines:

* **Corticosteroids** – nasal, oral, cream or ointments available depending on the severity of allergy
* **Antihistimines** – block histamine, a trigger of allergic swelling
* **Mast cell stabilizers** – keep your body from releasing histamine
* **Decongestants** – reduce stuffiness by shrinking swollen membranes in the nose

Get professional help to learn the best way to handle your symptoms. Visit our website for doctors and pharmacists who can give guidance on best medicines for you, avoiding allergy and asthma triggers (except physical activity), tracking your level of allergy or asthma control, responding to worsening symptoms, and seeking emergency care when needed. [web.redondochamber.org](http://web.redondochamber.org/search)