

Medical Edge Radio from Mayo Clinic

Allergy Treatments

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
Nats of Sneezing	IF YOU'RE ONE OF THE MILLIONS OF PEOPLE WHO SUFFER FROM COMMON ALLERGIES LIKE HAY FEVER, PETS OR DUST MITES, YOU KNOW HOW MISERABLE THEY CAN MAKE YOU FEEL. BUT IT DOESN'T HAVE TO BE THAT WAY. TREATMENT PLANS HAVE COME A LONG WAY.
James Li, M.D.	"THE FIRST LEVEL OF MANAGEMENT WOULD BE TO TRY TO REDUCE THE EXPOSURE. IF IT'S OUTDOOR POLLEN CAUSING A PROBLEM, WE RECCOMMEND RUNNING AIR CONDITIONING WITH

	GOOD POLLEN-TYPE FILTERS...”
	MAYO CLINIC DR. JAMES LI SAYS MEDICINES ARE OFTEN STILL NEEDED. OVER-THE-COUNTER ANTIHISTAMINES AND DECONGESTANTS WORK FOR SOME, BUT OTHERS WILL NEED PRESCRIPTION NASAL SPRAYS OR EVEN ALLERGY SHOTS. DR. LI SAYS YOU DON'T CURE AN ALLERGY, BUT...
Dr. Li	“WITH THE CURRENT WAY THAT WE DO IMMUNOTHERAPY MANY PATIENTS CAN DO VERY WELL FOR YEARS AFTER A THREE-TO-FIVE YEAR COURSE OF ALLERGY SHOTS.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.
