

## WHAT'S UP DOC PETE?

*I have hay fever that is terrible in the spring, but never seems to completely go away. Why?*



*Peter J. Muran, MD*

You are not alone in suffering from hay fever; 35 million Americans suffer with you. Allergic disease is ranked as the 6th leading cause of chronic disease in the US.

Although you notice that your allergies, due to environmental exposures, are easily recognizable in the spring, you may also have food allergies and sensitivities that can cause numerous respiratory symptoms, including asthma, cough, nasal congestion, excess mucus production, hoarseness, postnasal drip, tonsillitis, sore throat, sneezing and stuffy nose. These symptoms from foods are very similar to those you experience in the spring and summer from pollens.

Most people are unaware of their food allergies because we have been led to believe that food allergies are related only to asthma and hives. Yet, food allergies can also contribute to digestive problems, body aches, headaches and symptoms typically not associated with classic allergy symptoms.

Food reactions can be broken down into two categories: Immediate and Delayed. It is the delayed, or hidden, food allergens that erode away ones health, frequently going undetected since the response is often delayed up to 72 hours after you eat the offending food.

Patients experiencing delayed food sensitivities will experience a worsening of their environmental allergens. Identifying and controlling food sensitivities is essential to reduce your body's burden and maintain your health. The combined environmental and food allergen burden results in total susceptibility to succumbing to allergic symptoms.

In actuality, you may have underlying hidden food allergies and the environmental ones in the spring and summer may just add to the existing burden. There are a number of ways to identify your allergies and sensitivities.

Ask your primary care physician to evaluate your potential for food allergies and tune in to **Quantum Health** this month, on KVEC, 920AM, Saturdays at 1:00 to hear leading experts in allergy identification and treatment discuss integrated approaches reducing your burden.



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