

Myths and Facts about Allergies

Myth: Moving from one state to another will solve my allergy problem.

Fact: It all depends on what type of allergy you have. If your allergy is caused by trees or vegetation that grows in a specific climate, moving to a different state may help. However, there is no guarantee that a move will eliminate your symptoms.

Myth: Keeping your pet clean and groomed will alleviate your allergy problems.

Fact: Pets have a way of licking themselves in order to stay clean. If they live indoors, they still release allergens into the air.

Myth: You can outgrow an allergy.

Fact: The severity of the allergy might change as you grow older but might not go away.

Myth: Seasonal allergies and hay fever are the same thing.

Fact: Hay fever is different from seasonal allergies. Seasonal allergies are experienced by people who are allergic to pollen from a variety of trees, grasses, and weeds.

Myth: Peanut allergies are most common in young children.

Fact: Young children are more susceptible to dairy allergies. Peanut allergies are more common in school settings.

Myth: Hives are a sign of a food allergy.

Fact: Hives are normally a sign of a drug reaction or insect bite. Hives can also be caused by heat, cold or viral infections.

Myth: Food allergies are not dangerous.

Fact: A food allergy can be fatal if it is severe enough to cause a reaction called anaphylaxis. A person experiencing an allergic reaction should be taken to the doctor.

Myth: Rose bushes contribute to a large number of allergy problems.

Fact: It is the pollen in most plants or flowers that cause allergic reactions.

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