



Get Out(side)!

Tips for Reducing Seasonal Allergy Symptoms from New West Physicians

It's springtime! For those of us in Colorado, spring means planting flowers, buying a new Rockies jersey and occasionally shoveling away the remnants of a snow storm. Spring also means the return of longer days, warmer weather, and unfortunately for some, seasonal allergies.

New West Physicians encourages Denver-area residents to get out, get active and enjoy Colorado's great outdoors. Here are a few tips to help those with seasonal allergies ease symptoms to better enjoy spring and summer activities:

- Check your local pollen count daily. The higher the number, the more symptoms allergy sufferers will experience. New West Physicians recommends visiting www.pollen.com for an accurate reading
- Close doors and windows when pollen counts are high
- Use air conditioning to clean, cool and dry the air in your house and car
- Avoid outdoor activity in the early morning when pollen counts are highest
- Clean household surfaces and vacuum on a regular basis, wash bedding every week in hot water and limit throw rugs to reduce allergens inside your home
- If you are going to be outside, pre-treat your allergies by taking an antihistamine in the morning or 30 minutes before you leave to avoid an allergy attack and minimize symptoms
- Although there is no cure for allergies, over-the-counter and prescription medications can help ease symptoms, and allergy shots may help those with severe symptoms. Talk to your doctor to see what is most appropriate for you

Tips courtesy of New West Physicians.

About New West Physicians

New West Physicians is a primary care physician group and medical management company serving more than 250,000 patients at 13 Denver-area offices. New West's internal medicine and family medicine professionals strive to be our patients' medical home, coordinating care and working with each person and family to help create and maintain long-term healthy lifestyles. New West regularly conducts its own internal research to ensure consistent delivery of high-quality care reflecting the best and most current medical research. For additional information and office locations, please visit www.nwphysicians.com.

###