

Environmental & Seasonal Allergies

Allergic Rhinitis, Allergic Asthma & Environmental Triggers



SCAN FOR FULL GUIDE

THE IMMUNE CONNECTION

Allergic rhinitis and allergic asthma are IgE-mediated immune reactions — your immune system misidentifies harmless environmental proteins as threats. At Veros, we test to find your exact triggers and offer immunotherapy, the only treatment that retrains the immune response rather than just masking symptoms.

WHAT ARE ENVIRONMENTAL ALLERGIES?

Allergic rhinitis (hay fever) and allergic asthma occur when the immune system produces IgE antibodies against airborne allergens — tree, grass, and weed pollen, dust mites, pet dander, mold, and cockroach allergen. On re-exposure, IgE triggers mast cells in the nose, sinuses, and airways to release histamine and other mediators, causing inflammation. Symptoms may be seasonal (pollen), perennial (dust mite, pet, mold), or both.

DIAGNOSIS

Skin prick testing is the fastest and most sensitive method, giving results in about 20 minutes. Specific IgE blood testing (ImmunoCAP) is an alternative when skin testing isn't feasible (e.g., on antihistamines that can't be stopped, significant skin conditions). Spirometry (lung function testing) is added when asthma is suspected.

COMMON SYMPTOMS

- Sneezing, runny or stuffy nose
- Itchy, watery, or red eyes
- Itchy throat, ears, or roof of mouth
- Postnasal drip and chronic cough
- Wheezing or shortness of breath (asthma overlap)
- Sinus pressure, congestion, or headaches
- Poor sleep due to nasal congestion
- Fatigue from chronic low-grade inflammation

TRIGGER IDENTIFICATION & AVOIDANCE

- **Tree, grass & weed pollen** — seasonal; track local pollen counts and keep windows closed on high-count days
- **Dust mites** — thrive in bedding, carpet & upholstery; allergen-proof covers help
- **Pet dander** — persists in a home for months after a pet is removed
- **Mold** — damp basements, bathrooms; control humidity below 50%
- **Cockroach allergen** — common in urban housing; a frequently missed trigger

When to seek urgent care: Frequent rescue inhaler use, shortness of breath at rest, or a peak flow well below your personal baseline can signal a serious asthma flare — contact your Veros provider or seek urgent care.

HOW WE EVALUATE & TREAT AT VEROS

Allergy testing:

Skin prick or specific IgE blood panel to identify your exact environmental triggers.

Asthma evaluation:

Spirometry and symptom review when allergic asthma is suspected or poorly controlled.

Environmental plan:

Personalized, trigger-specific home and lifestyle recommendations.

Action plan:

A written plan covering daily control, flare management, and when to escalate care.

MEDICATIONS

- **Intranasal steroids** — fluticasone, mometasone; most effective daily control for nasal symptoms
- **Antihistamines** — Zyrtec, Allegra, Xyzal, Claritin for sneezing, itching, runny nose
- **Leukotriene inhibitors** — montelukast, especially helpful with asthma overlap
- **Combination nasal sprays** — steroid + antihistamine for inadequate response to either alone
- **Inhaled therapy** — corticosteroids and bronchodilators for allergic asthma

BIOLOGIC & IMMUNOTHERAPY

Allergy immunotherapy (allergy shots or sublingual drops) is the only treatment that changes how your immune system responds to allergens, rather than masking symptoms — see our full immunotherapy page for details. For moderate-to-severe allergic asthma or chronic hives, biologics including omalizumab (Xolair) and dupilumab (Dupixent) target the underlying IgE and type 2 inflammatory pathways. Your allergist will review eligibility and insurance coverage with you.

ENVIRONMENTAL CONTROL

- Allergen-proof mattress and pillow covers for dust mites
- HEPA air filtration, especially in the bedroom
- Keep windows closed and shower after outdoor exposure on high-pollen days
- Wash bedding weekly in hot water
- Control indoor humidity below 50% to limit mold and dust mites
- HVAC filter changes on a regular schedule

WHY VEROS HEALTH?

- ✓ Comprehensive allergy testing — skin prick & specific IgE panels
- ✓ Allergy shots (SCIT) & sublingual immunotherapy (SLIT) on-site
- ✓ Xolair, Dupixent & biologics for moderate-severe allergic asthma
- ✓ We evaluate for MCAS overlap when symptoms don't fit a clean pattern
- ✓ 30+ years immune expertise — IMMUNOe Health & Research