

Does Spring = Allergies?



Spring is finally here! While everyone is excited to enjoy the sunshine, the spring also brings allergens that can irritate and ruin your child's good time. According to the American Academy of Allergy, Asthma & Immunology, as many as 35.9 million affected by seasonal allergies. If itchy, watery eyes and sneezing have become synonymous with springtime in your home, take a look at some of these common spring allergy questions:

Does my child have an allergy or just a cold?

Consistent sneezing, clear, watery mucus, nasal congestion and itchy eyes are all clear signs of a seasonal allergy. If your child's mucus is thick and yellow,

they are more likely suffering from a cold than a pollen allergy. Also, a fever does not accompany an allergy.

What triggers an allergy? The biggest trigger to a spring allergy is pollen. Released into the air by trees, grasses and weeds, pollen is able to coat pretty much anything it can.

What are the biggest spring allergens? Most allergies are triggered by trees such as Aspen, Beech, Cedar, Cypress, Elm, Hickory, Juniper, Maple, Mulberry, Oak, Palm, Pine, Poplar, Sycamore and Willow. Bermuda, Fescue, Johnson, June, Orchard, Perennial Rye, Redtop, Saltgrass, Sweet Vernal and Timothy are all common grasses and weeds.

What should I do if my child is suffering from a spring allergy? Try and notice if there is a pattern to your child's allergy flare-ups. Do they start sneezing every time they go outside? Keep track and let your child's doctor know.

How do I avoid an allergy flare-up in my child? Short of locking your child inside the house all spring, avoiding all allergens is difficult to do. Children age 2 years old and older may try an over the counter daily allergy medicine for relief. Younger children and those with severe symptoms should see their pediatrician for treatment.

Let's Move!

We are huge supporters of First Lady Michelle Obama's Let's Move campaign! Here are a few recent updates you should know:

In January, Let's Move! hosted their first White House event to educate and entertain a group of local DC students on healthy and active living. Before the end of 2015, Disney will require all its parks to adhere to federal nutritional guidelines to promote more fruit and vegetables, limit calories, and reduce sugar, sodium, and saturated fat.

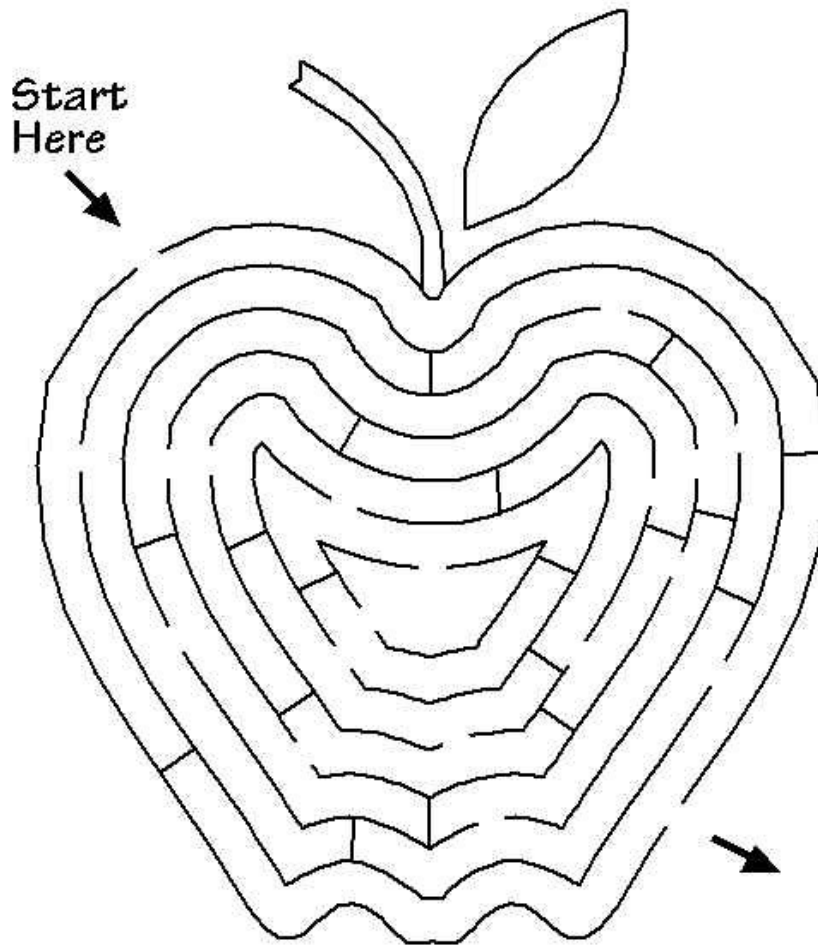
Learn more at: www.LetsMove.org

Fun Family Events

LEGOLAND Discovery Center Atlanta
Phipps Plaza
Open Daily

Family Fun Day: Celebrate Mother's Day
Children's Museum of Atlanta
May 10, 2015

Memorial Day at the Mountain
Stone Mountain Park
May 23-25, 2015



Source: Family Books and Cds

Office Hours

Princeton Lakes Office

Monday **8:30 am—5:00 pm**

Tuesday **8:30 am—5:00 pm**

Wednesday **8:30 am—5:00 pm**

Thursday **8:30 am—5:00 pm**

Friday **8:30 am—3:00 pm**

*closed for lunch daily from 12:30 pm — 1:30 pm

Kennesaw Office

Monday **8:30 am—5:00 pm**

Tuesday **8:30 am—5:00 pm**

Wednesday **8:30 am—5:00 pm**

Thursday **8:30 am—5:00 pm**

Friday **8:30 am—5:00 pm**

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