

MAKING IT EASIER TO GET THROUGH THE DAY

Even if its impossible to live pollen-free, there are still a few everyday tips which can supplement your therapy and effectively reduce your symptoms.

EVERYDAY TIPS



During the pollen season, air out your home in the early morning or late evening, that is, not during the hours when pollen is being released.



Reduce outdoor activities such as jogging, walking or, most importantly, gardening (depending on the pollen count and allergy symptoms), or plan these activities for the early morning or late evening.



Do not dry your clothes outdoors. Change and store any pollen contaminated clothes away from your bedroom. Wash your hair before going to bed.



Keep your car windows closed. Have the pollen filter in your ventilation changed regularly.



In the country, the pollen count is higher during the day, whereas in large cities it is highest during the evening. Rain reduces the pollen count.



Choose the seaside or the mountains for your vacations. The pollen count is lowest in those areas.

GET MORE TIPS AND INFORMATION

If you would like additional information, visit us at our Patient Information Portal.

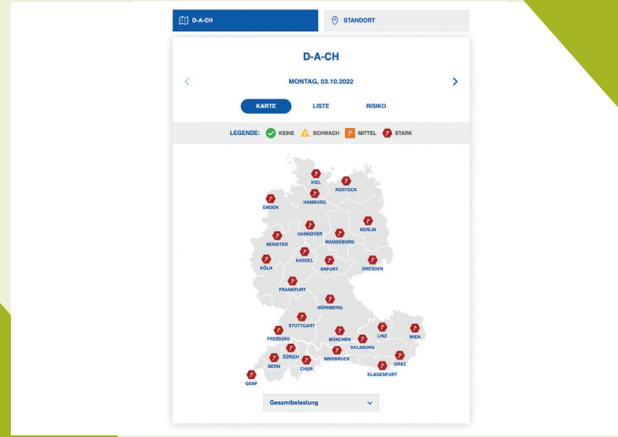
www.allergie-freizeit.de



For example, here you will find a practical pollen forecast for the DACH region (see screenshot below) and many more useful tips. (Note: Website in German)



A symptom calendar and many helpful questionnaires are also available for you under downloads: www.allergie-freizeit.de/downloads/ (Note: Documents in German)



In 2022 again, our website allergie-freizeit.de received the „MeinAllergiePortal Digital Health Heroes Award“ as a very well-designed and helpful communication service for allergy sufferers.

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*What, when
and how in case
of allergies*

POLLEN ALLERGY

Explanation, Therapy, Tips for You



UNDERSTANDING POLLEN ALLERGIES

The word allergy essentially means „foreign reaction“. This fairly accurately describes what happens in your body in case of an allergy. An allergy is nothing more than an exaggerated defense reaction of the immune system to certain, normally harmless environmental substances. These substances are called allergens.

In the case of a pollen allergy, these environmental substances are the pollen of certain plants. When inhaled, they trigger an allergic reaction which you may already have noticed in yourself.

THE POSSIBLE SYMPTOMS OF A POLLEN ALLERGY



NOSE

Hay fever with sneezing, congested or runny nose, itchy nose, inflammation of the nasal mucosa and sinuses



EYES

Allergic conjunctivitis with itchy eyes and redness



LUNGS

Allergic asthma with dry cough and shortness of breath, tightness in the chest, labored breathing



SKIN

Itching, atopic dermatitis with itchy red rash, swelling of the face and wheals on the body (in the case of a pollen associated food allergy)



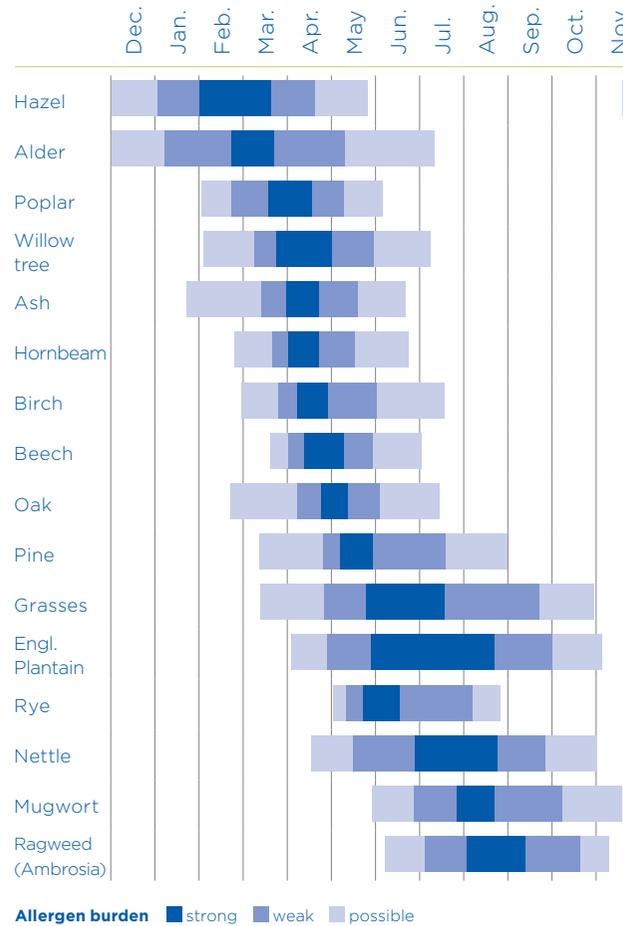
WELL-BEING

Headaches, disruptions to sleep, learning or concentration, lethargy, frustration, irritability

Because pollen is produced by flowering plants, your allergy will flare up depending on the flowering season of the plant(s) to which pollen you are sensitized to. Generally, this will be between January and October, though this period, like the pollen count, is influenced by the local climate. The following calendar shows when you can expect allergic symptoms related to „your“ pollen.

FLOWERING SEASON AND ALLERGEN LOAD

Depending on the pollen season, plants are categorized as early bloomers (January to April), mid-season bloomers (May to Mid of July) and late bloomers (from Mid of July to End of September).



A pollen allergy should be taken seriously because the illness can move from the upper to the lower respiratory tract and develop into allergic asthma.

KNOW YOUR TREATMENT OPTIONS

If you are experiencing an allergic reaction, your doctor will likely recommend medications to you to mitigate the symptoms. For acute situations, a so-called anti-allergic pharmacotherapy is used. However, with this treatment method, the allergy symptoms can only be alleviated for the duration of its use. This will not address the source of your allergy.

ALLERGEN IMMUNOTHERAPY

The cause of pollen allergies can only be treated with allergen immunotherapy. Through regularly administering the allergy causing substances, your immune system can be positively influenced, which allows your body to build its own tolerance to the allergens.

IMPORTANT FACTS

- 1 Allergen immunotherapy is the only treatment that targets the root cause of your pollen allergy.
- 2 It can lead to a permanent reduction in your symptoms and improve your long-term quality of life.
- 3 It should be undertaken as early as possible in the course of the disease.
- 4 It can be administered as injections, drops or tablets. For successful therapy, treatment must be administered for at least three years.