The allergy season this year is hitting harder than ever before || 570 KLIF Dallas/Fort Worth Transcript

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Allergy season and worsening symptoms

Why allergy season is starting earlier

Common allergy symptoms and sudden onset

Treatments for allergies and asthma

Indoor triggers, genetics, and irritants

morning if you haven't noticed it is morning if you haven't noticed it is allergy season lots of people dealing allergy season lots of people dealing with worse allergies than usual and with worse allergies than usual and that's not a coincidence that's not a coincidence many forecasters saying this season is many forecasters saying this season is in fact worse really yeah in fact worse really yeah so yeah I'm always skeptical because I so yeah I'm always skeptical because I know Scott has been saying no this know Scott has been saying no this season seems worse than you and I go you season seems worse than you and I go you know people say that every single we know people say that every single we always want to we always want to brag always want to we always want to brag about how miserable we are but we'll about how miserable we are but we'll find out right now we're gonna do we're find out right now we're gonna do we're gonna be talking with Al Johnson from gonna be talking with Al Johnson from Johnson Medical Associates he's an Johnson Medical Associates he's an allergist good morning al good morning allergist good morning al good morning is this in fact an earlier start to the is this in fact an earlier start to the allergy season this year well it is allergy season this year well it is we've had a good moisture fairly warm we've had a good moisture fairly warm weather weather weather not much of a freeze and so all those not much of a freeze and so all those plants love that environment and they plants love that environment and they start to grow and then we get a pollen start to grow and then we get a pollen in our environment which is the spring in our environment which is the spring allergies I know that Dave seemed to be allergies I know that Dave seemed to be suffering yesterday I have a little suffering yesterday I have a little scratchy throat today those are the kind scratchy throat today those are the kind of symptoms that your patients are of symptoms that your patients are coming in with exactly the scratchy coming in with exactly the scratchy throat the nasal congestion that itchy throat the nasal congestion that itchy eyes and itchy nose nasal congestion it eyes and itchy nose nasal congestion it seems that these days everybody says seems that these days everybody says they have pollen allergies and I don't they have pollen allergies and I don't know if that's true or not but I know if that's true or not but I remember when I was younger I grew up in remember when I was younger I grew up in in the Sacramento Valley in California in the Sacramento Valley in California which is just it was used to caught which is just it was used to caught refer to it as the pollen capital of the refer to it as the pollen capital of the world I don't know if that was true or world I don't know if that was true or not but my point was that I never had not but my point was that I never had any problems at all until suddenly when any problems at all until suddenly when I was 29 years old I started suffering I was 29 years old I started suffering every year and suffering badly is this every year and suffering badly is this something that can come on you know out something that can come on you know out of the clear blue for people this here of the clear blue for people this here can and what happens is as we age our can and what happens is as we age our immune system changes and our exposures immune system changes and our exposures change and with the increased exposure change and with the increased exposure we have the increased possibility of we have the increased possibility of developing allergies so allergies may be developing allergies so allergies may be as we just described or you can see an as we just described or you can see an increase in asthma if you haven't have increase in asthma if you haven't have allergic asthma allergic asthma [Music] I'm gonna go home and probably take my I'm gonna go home and probably take my zyrtec I guess that's what people should zyrtec I guess that's what people should do is get back on their allergy meds do is get back on their allergy meds well the allergy meds help with the well the allergy meds help with the symptoms so yes if they're uncontrolled symptoms so yes if they're uncontrolled then you need to see a physician and a then you need to see a physician and a histamines is the mainstay of histamines is the mainstay of controlling allergies physicians use controlling allergies physicians use

steroids to help calm down this more steroids to help calm down this more severe cases and then those people who severe cases and then those people who are really miserable and have chronic are really miserable and have chronic type problems or a recurrence of beer type problems or a recurrence of beer seasonal allergies need to be on seasonal allergies need to be on immunotherapy which is a allergy shots immunotherapy which is a allergy shots some doctors use drops now to help build some doctors use drops now to help build up your tolerance to the allergies one up your tolerance to the allergies one of the things that happens is we spend of the things that happens is we spend more time indoors and sometimes the more time indoors and sometimes the indoor environment is not that healthy indoor environment is not that healthy force in that that gets damp and moldy force in that that gets damp and moldy and dusty and then it flares up the and dusty and then it flares up the allergens and our allergic factors are allergens and our allergic factors are people these days more likely to suffer people these days more likely to suffer from hay fever pollen allergies than from hay fever pollen allergies than then in the past it seems that way of then in the past it seems that way of about 40 percent of the population has about 40 percent of the population has some type of allergies and as the some type of allergies and as the genetic pool becomes more they're less genetic pool becomes more they're less diverse then we pass that genetics on diverse then we pass that genetics on and so people with high IgE which is the and so people with high IgE which is the genetic allergic factor are more prone genetic allergic factor are more prone to allergies we're exposed to different to allergies we're exposed to different chemicals which are irritants and can chemicals which are irritants and can act like allergies so paying attention act like allergies so paying attention to our environment where we feel worse to our environment where we feel worse really makes sense because if you see really makes sense because if you see that you work all day and come home and that you work all day and come home and you start having more reactions and you you start having more reactions and you got to think maybe there's something got to think maybe there's something wrong with my home or vice versa and go wrong with my home or vice versa and go to work and your start sneezing and to work and your start sneezing and coughing at work you have to look around coughing at work you have to look around to see well what is it is it a cleaning to see well what is it is it a cleaning product is it something else that's an product is it something else that's an irritant irritant irritant that flaring up my respiratory system that flaring up my respiratory system and nasal passages and nasal passages alright now thank you so much we alright now thank you so much we appreciate your time this morning your appreciate your time this morning your expertise there's al Johnson with expertise there's al Johnson with