Wearing a mask can reduce your allergy symptoms | Dr. Al Johnson Transcript

(Transcripts are generated by AI and may contain errors)

Mask Benefits for Allergies

Mask Types and Seasonal Allergy Relief

the brian mud show is on newsradio 610 w the brian mud show is on newsradio 610 w iot iot iot interesting update and uh yeah fashion interesting update and uh yeah fashion access accessory for sure for some access accessory for sure for some people and that would be uh quite the people and that would be uh quite the fashion accessory i guess but what about fashion accessory i guess but what about the effectualness of mask the effectualness of mask beyond the virus you know it's funny beyond the virus you know it's funny because i've had this conversation with because i've had this conversation with multiple people multiple people we're we're joined now by intern is dr we're we're joined now by intern is dr al johnson al johnson and dr john said i found this to be and dr john said i found this to be interesting because interesting because you know we're right here in the middle you know we're right here in the middle of our our dry season of our our dry season we've had pollen that is outrageous dust we've had pollen that is outrageous dust has been really high has been really high and i've had multiple people tell me and i've had multiple people tell me that a benefit that a benefit of wearing the mask been allergies of wearing the mask been allergies allergy problems aren't near allergy problems aren't near as bad so this is something you're as bad so this is something you're taking a look at taking a look at how helpful can mass be when it comes to how helpful can mass be when it comes to allergy issues allergy issues they can be very helpful they can be very helpful pollen is what causes allergy or mold pollen is what causes allergy or mold spores spores spores and of course the mass filter those out and of course the mass filter those out so so so if you are allergic having spring and if you are allergic having spring and fall fall fall allergies and you're wearing your mask allergies and you're wearing your mask outdoors you're going to reduce your outdoors you're going to reduce your pollen pollen pollen exposure and intake through your exposure and intake through your nostrils and if you breathe through your nostrils and if you breathe through your mouth through your mouth mouth through your mouth so definitely cuts down on the allergies so definitely cuts down on the allergies very interesting okay yeah i had one one very interesting okay yeah i had one one of the people uh she told me of the people uh she told me she planned on wearing the mask she planned on wearing the mask permanently you know when permanently you know when certain times here when the allergies certain times here when the allergies are bad because of this are bad because of this so to that end you know we've talked so to that end you know we've talked about the about the effectiveness of mass relative to cover effectiveness of mass relative to cover 19. but what about uh you know the um 19.

COVID Treatment and Pandemic Outlook

but what about uh you know the um what about allergens are there specific what about allergens are there specific types of mass that are going to be types of mass that are going to be more effective than others this way more effective than others this way well the higher filtration masks are well the higher filtration masks are going to be more effective going to be more effective uh pollens are quite a bit bigger than uh pollens are quite a bit bigger than viruses viruses viruses so any of the mass that are effective so any of the mass that are effective for the viruses are going to work for for the viruses are going to work for the pollens the pollens uh in in that situation and even before uh in in that situation and even before covet my real allergic patients covet my real allergic patients uh to the outdoor seasonal allergens uh to the outdoor seasonal allergens would wear mask would wear mask and it it's effective so and it it's effective so it didn't surprise me that the allergy it didn't surprise me that the allergy symptoms have really calmed down since symptoms have really calmed down since masks have been worn for masks have been worn for covet outdoors or speaking to uh dr al covet outdoors or speaking to uh dr al johnson website is johnson website is johnsonmedicalassociates.com johnsonmedicalassociates.com johnsonmedicalassociates.com johnsonmedicalassociates.com all right johnsonmedicalassociates.

Vaccine Efficacy and Antibody Testing

com all right so you're an internist i'd be remiss if so you're an internist i'd be remiss if i didn't ask you about the virus i didn't ask you about the virus where do you think we are in the the where do you think we are in the the

pandemic how close are we to seeing the pandemic how close are we to seeing the other side of this thing other side of this thing well we're on the downhill downhill side well we're on the downhill downhill side of it for sure of it for sure i mean the cases are going down the i mean the cases are going down the hospitalizations are going down hospitalizations are going down uh the thing we need to be aware of as uh the thing we need to be aware of as physicians is physicians is and one thing that wasn't done with and one thing that wasn't done with covid was an early treatment program covid was an early treatment program to to get the virus to to get the virus before it got out of control in the before it got out of control in the system system system and um you know different things were and um you know different things were talked about talked about but there wasn't a big wholesale uh but there wasn't a big wholesale uh say this is how we're going to try to say this is how we're going to try to treat it let's see treat it let's see what our outcome is and then what our outcome is and then move on to the next step so move on to the next step so more and more early treatment we have more and more early treatment we have iv monoclonal antibodies now iv monoclonal antibodies now that once you test positive that once you test positive and you're over 55 you're eligible for and you're over 55 you're eligible for those those those make the people need to make sure that make the people need to make sure that it's infused it's infused over 60 minutes there's some centers over 60 minutes there's some centers they're trying to infuse it faster they're trying to infuse it faster that can set up a reaction so you want that can set up a reaction so you want to have it infused over 60 minutes to have it infused over 60 minutes dr johnson taking a look at uh you know dr johnson taking a look at uh you know kind of where we are in all this kind of where we are in all this and i think a lot of people view it as and i think a lot of people view it as one event because it's been the pandemic one event because it's been the pandemic but here we are we've been in but here we are we've been in it for well over a year at this point it for well over a year at this point we're hearing about we're hearing about vaccine efficacy maybe the neighborhood vaccine efficacy maybe the neighborhood of six months for the pfizer and the of six months for the pfizer and the moderna moderna moderna what are your thoughts about uh you know what are your thoughts about uh you know the the the efficacy of the vaccines and the the efficacy of the vaccines and the duration duration duration and how people should look at this also and how people should look at this also maybe people have had the virus and maybe people have had the virus and recovered recovered recovered that might feel that they have the that might feel that they have the antibodies and maybe we don't know how antibodies and maybe we don't know how long these are not going to last long these are not going to last well we don't know a whole bunch of well we don't know a whole bunch of things just as you stated things just as you stated but we can measure antibodies and but we can measure antibodies and uh i measure them all the time in my uh i measure them all the time in my patients so patients so we measure them at six months out see we measure them at six months out see whether they still have antibodies whether they still have antibodies nine months i have some patients uh nine months i have some patients uh approaching a year now approaching a year now so i think it's important that we base so i think it's important that we base our opinions our opinions more on fact and just an opinion so more on fact and just an opinion so based on on scientific based on on scientific evidence and if you have continue to evidence and if you have continue to have antibodies have antibodies then you do have resistance to the virus then you do have resistance to the virus now that doesn't now that doesn't mean a hundred percent um there mean a hundred percent um there are some other tests coming out that are some other tests coming out that help us with help us with innate t-cell immunity that innate t-cell immunity that can be used so as we can be used so as we progress through this doctors are going progress through this doctors are going to have to be aware to have to be aware of how to assess their patients of how to assess their patients uh as far as their immunity goes and uh as far as their immunity goes and not just take that everyone is not just take that everyone is the same that it all works the same we the same that it all works the same we all have different immune systems all have different immune systems and so each one's an individual and you and so each one's an individual and you have to assess it as an individual have to assess it as an individual well that's really interesting well that's really interesting information i appreciate you taking the information i appreciate you taking the time to share with us time to share with us thank you oh you're welcome and thank you oh you're welcome and stay healthy and safe yeah you too amen stay healthy and safe yeah you too amen it's dr al johnson and again it's dr al johnson and again