

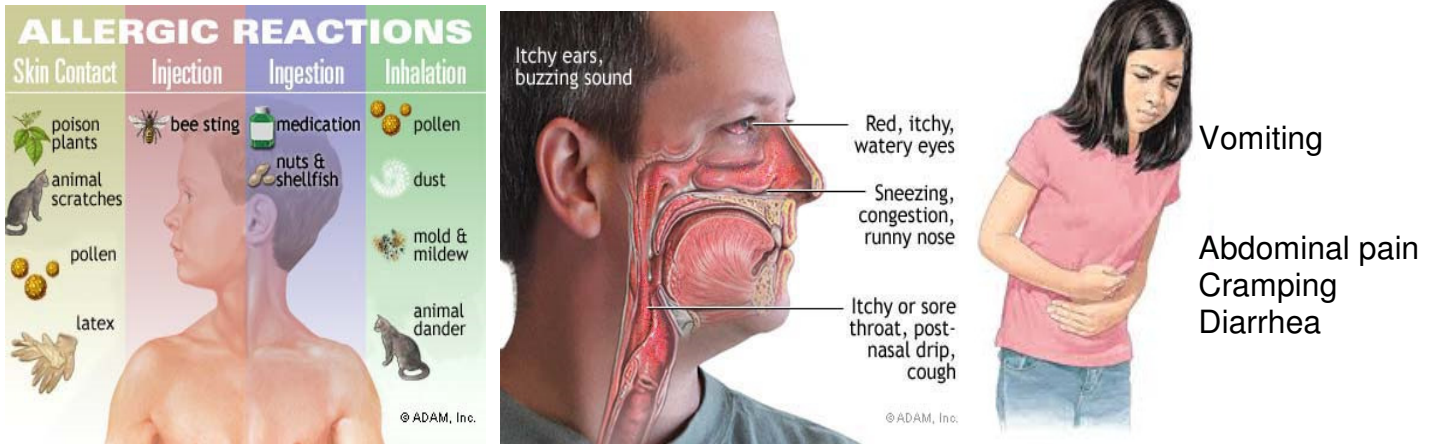
# MICHIGAN PHYSICIANS GROUP

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## Allergy Season Is Here...



Common allergy triggers include:

- **Airborne allergens**, such as pollen, animal dander, dust mites and mold
- **Certain foods**, particularly peanuts, tree nuts, wheat, soy, fish, shellfish, eggs and milk
- **Insect stings**, such as bee stings or wasp stings
- **Medications**, particularly penicillin or penicillin-based antibiotics
- **Latex or other substances you touch**, which can cause allergic skin reactions

Symptoms vary, but may include:

- **Skin:** Hives, rashes, itchiness, flushing, angioedema (swelling)
- **Gastrointestinal** Metallic taste in mouth, abdominal pain, cramping, vomiting, diarrhea
- **Respiratory** Sneezing, nasal congestion, running/itchy nose, coughing, hoarseness, throat itchiness/tightening, difficulty swallowing, wheezing, shortness of breath, cyanosis, respiratory arrest
- **Cardiovascular** Early tachycardia, late hypotension, dysrhythmia, bradycardia, cardiac arrest
- **Neurological** Change of activity level, anxiety, headache, feeling of doom, dizziness, loss of consciousness
- **Other** Red/swollen eyes; burning, tearing or itchy eyes; uterine cramping; urinary urgency

## Talk to your doctor!

**Diagnosis:** allergy skin test, blood test.

**Treatment:** allergen avoidance, medications, immunotherapy (allergy shots), emergency epinephrine (EpiPen).