
Spring Allergies

March 2, 2020

More than 50 million Americans suffer from allergies every year making allergies the sixth leading cause of chronic illness in the United States. Allergies are a common, yet overlooked, disease and the most common health issue that affects children in the U.S. An estimated 4.2 million children in the U.S. have a food allergy to things like peanuts, eggs, milk, wheat, tree nuts, fish and shellfish.

Allergic reactions can range from mild (sneezing, coughing, and runny nose) to severe (swelling of the throat, asthma, or anaphylaxis), so it is important for healthcare providers to quickly diagnose allergies to prevent severe reactions. Americans visit the emergency room an estimated 200,000 times a year – costing an estimated \$25 billion – because of severe allergic reactions connected to food allergies.

Most people who suffer from allergies are sensitive to more than one allergen. The most common allergens are: tree, grass and weed pollen, mold, dust mites, cockroaches, and cat, dog and rodent dander. Common spring allergies, including tree, grass, and weed pollens, start affecting patients in late February and symptoms could continue through the summer. April tends to be the worst month for spring allergy sufferers.

PathGroup offers laboratory testing options to help you diagnose allergies in your patients. Contact a PathGroup representative to learn more about our testing options.

1. AAFA. Allergy Facts | AAFA.org. <https://www.aafa.org/allergy-facts/>. Accessed July 23, 2019.