



## Allergies

You have been diagnosed with a possible allergy to something in your environment. There are a number of things you can do to alleviate your symptoms. In addition to medications we have prescribed, there are herbal remedies that are highly effective.

Jasons AllergEase. 2 half-droppers 2 x per day, every day of your allergy season.

Adults: Quercetin Bromelain. 2 pills on an empty stomach, 2 times per day.

Children: D-Hist Junior. This is an effective herbal allergy medication for children.

Using local bee pollen or honey is also recommended if your allergy is to pollen.

Zyrtec (Cetirizine Hydrochloride) is felt to be the most effective over the counter medication for allergy relief. Zyrtec is taken one pill daily for adults and can take several days to achieve maximum benefit. Zyrtec liquid is approved for ages 6 months and up. Claritin and Allegra are also effective.

Using HEPA home air filter systems can be very helpful. Air conditioning in your home is also beneficial.

We can test your blood for many allergies with just one test. Please ask about this if you would like to be tested.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 24 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 1-2 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Physical Therapy and Digestive Diseases. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

Please visit [FirstCareMedCenter.com](http://FirstCareMedCenter.com) to fill in our PATIENT SATISFACTION SURVEY and be entered to win a \$50.00 Essence MediSpa gift certificate. The link to the survey is on the left side of the homepage at the bottom of the links menu.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.