

Pulmonary Disease and Allergies



March brings the 1st day of spring. The snow starts to melt and the temperature begins to warm. Although it's a time of year the people look forward, others can dread if suffering from seasonal allergies. This can be especially problematic for people with Pulmonary Disease.

Here are a few tips that you can do to limit allergen exposure

Change air filter on the furnace. This is an excellent way to trap pollen within your filter so that it stays out your living space.

Check the pollen count in your area just as you would for the weather report. Plan for outdoor work on days that the count is low. Check out the pollen count and even subscribe for app on your phone. www.pollen.com, weatherbug.com, weather.com

Wearing a mask when going outside on days with high pollen counts.

Take care of any mold in your home. As the temperatures rise mold will start to grow in warm humid environments.

Talk to your doctor about options and medication to help with seasonal allergies. You'll find that there's a lot of options available to people who suffer from allergies and especially for those with pulmonary disease.



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