

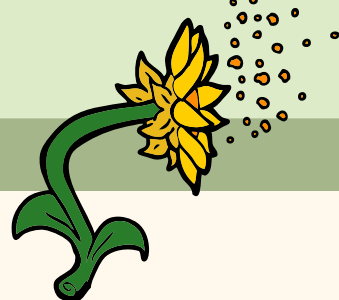
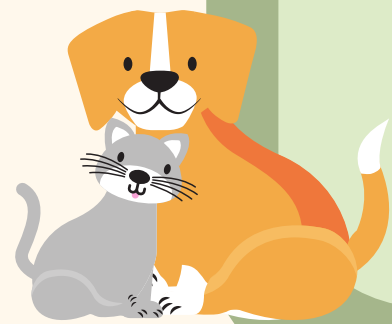
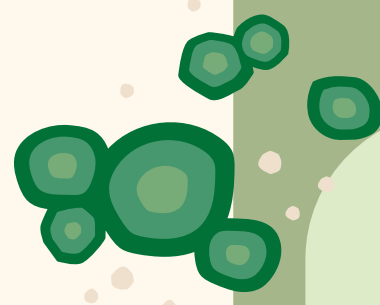
# ALLERGIES

Allergies are a chronic disease that result when your body's immune system overreacts to a certain substance. The symptoms that result, whether mild or severe, are an allergic reaction.

## ALLERGENS

The substance that triggers the allergic reaction is known as an allergen. Some of the most common include:

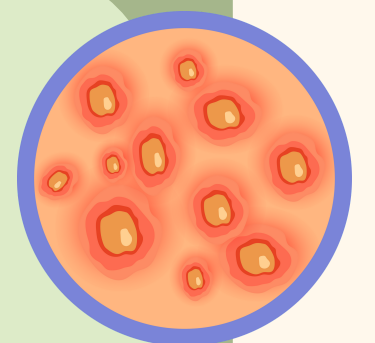
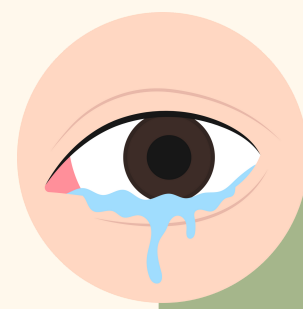
- Medications
- Insect Stings
- Latex
- Mold
- Pet Dander
- Pollen
- Foods



## SYMPTOMS

Some people may only experience allergies during certain times of the year - this is known as seasonal allergies. Some symptoms of allergic reactions include:

- Watery Eyes
- Sneezing
- Runny Nose
- Rash
- Hives
- Trouble breathing and/or swelling in the throat (anaphylaxis)



## Do you suspect you have allergies?

There are many over-the-counter kits and screenings offered to test allergies, but these are often not reliable and may create expensive out-of-pocket costs. If you want to be tested for allergies:

- Talk to your primary care physician!
- Your doctor will review your history and give you a physical exam. Then, they can run tests to help identify your allergens.

**To learn more about allergies, tune into the monthly Strive webinar.**

**Wednesday, May 31, 2023, 12:00 - 12:30 PM EST**

**<https://info.kapnick.com/strive-library>**

