

FamilyCircle

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health news

by Jane Bianchi



BREATHE EASY Only 29% of people who describe their allergy or asthma symptoms as “serious” or “very serious” see an allergist. Most use over-the-counter medications or just talk to their general practitioner. “Working with an allergist, you can pinpoint the source of your suffering—through allergy tests, a physical exam and a medical history—to select a more targeted treatment,” says Richard Gower, M.D., president of the American College of Allergy, Asthma and Immunology (ACAAI). To find a specialist near you, go to the ACAAI’s site, allergyandasthma relief.org.