

Health and Wellness Plan Paper

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Abstract

Pollen is a substance that most are familiar with. When people think of pollen, they see spring, bee's, and most importantly allergies. With those with pollen allergies the months of waiting to have some semblance of normality is frustrating and irritating. With most having to battle with sneezing, watery eyes, congested noses, itchy eye or throats, and wheezing just to name a few symptoms.

Keywords: Semblance, Allergies, Pollen, Symptoms

Pollen allergies for most only last for spring and maybe even a little bit into summer. With the only consequence of ignoring treatment, short and long term, for pollen allergies being the already stated symptoms and some asthmatic like symptoms that can be not as bad as actually having asthma in most cases but as bad in some cases. For those with asthma like symptoms it is best if they go to the hospital as you can die from not seeking treatment long enough but cases like that are extreme and not the case for all people who have extreme symptoms.

Keywords: Asthmatic, symptoms, Death, Hospital

Treatment and things to do to limit the effect of pollen allergies range from allergy shots to boost your resistances to pollen, over-the-counter medication such as Claritin, Benadryl, and Flonase. Washing articles of clothing regularly and wearing masks also seems to help a little bit as well. Note that none of these treatments eliminate the allergy itself. That is impossible right now due to the allergy being a product of the body seeing pollen as harmful and overreacting and the allergy being developed when someone encounters the source of it for the first time.

Keywords: Over the counter, Claritin, Benadryl, Flonase, Harmful, Overreacting

Abstract

Personally, with my family the way most of them handle their allergies is with over-the counter medicine, masks, washing shoes, hand, etc. before going inside the house or limiting time spent outside. The effectiveness as I have noticed can range from helpful to abysmal depending on pollen count. When it comes to what they could have done to stop these allergies from happening there is very little aside from never coming into contact with pollen. This is not very realistic as most will never know they have allergies until they come into contact with said allergen which can be days, months or even years after birth.

Keywords: Allergen

On my part as to why I do not have allergies to pollen is not due to inaction as I have been in contact with pollen most of my life with no symptoms. Neither is it due to action as I have not taken any allergy shots or taken any measures to avoid pollen. The reason behind my lack of allergies may lie with my parents and genetics or my body knowing that pollen is not dangerous to me naturally. What I can do to make sure that I never get those allergies is by doing nothing, which is not realistic as I will need to go outside during spring. Meaning that I can more than likely do nothing to stop pollen allergies from developing as allergies are involuntary response from the body as it does it automatically without my wanting.

Keywords: Genetics, Allergy Shots, Involuntary response

Citation

Acaai (n.d.) Pollen allergy <https://acaai.org/allergies/types-allergies/pollen-allergy>

Debra Fulghum Bruce, PhD (n.d.) Pollen and allergy relief WebMD

<https://www.webmd.com/allergies/features/pollen-allergies#:~:text=Recommended%20treatment%20for%20pollen%20allergies,D%2C%20or%20Zyrtec%2DD.>