

The Allergy & Asthma Clinic

www.TheAllergyClinic.com

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Newsletter

www.theallergyclinic.com November 2024



- If you need to be outdoors during cold weather, wear a scarf or mask over your nose and mouth to help warm the air you breathe into the respiratory tract.
- If it has been prescribed, always have your rescue inhaler, such as Albuterol, on hand, to use as needed. Albuterol is used to treat or prevent bronchospasm in patients with asthma, bronchitis, emphysema, other lung diseases and those with chest symptoms caused by exercise (exercise-induced asthma). Albuterol relieves coughing, wheezing, and shortness of breath by increasing the flow of air through the bronchial tubes.
- If you are needing Albuterol more than 2 X a week for symptoms not associated with exercise make sure to talk to your health care provider about using a preventative medication to reduce inflammation in your bronchial airways.
- Limit outdoor exercise. Work out at home or in the gym.
- Take steps to minimize the risk of picking up a respiratory illness, including making sure that you are up to date with your vaccinations. Wash your hands frequently and if you are sick, stay home.
- Have an Asthma Action Plan in place. Make sure that your medications are current and not expired.

How the Cold Can Affect Asthma

Just like that, the temperatures in the Bay Area went from our typical “Indian” summer to a “chill” in the air. As you know, there are many factors that can cause asthma to flare, one of them being cold temperature. Cooler months can be a potentially dangerous time of year for many people with asthma. When someone with asthma breathes in cold, dry air, the muscles in the airways can start to spasm, while also trying to keep the airways open. This can then lead to irritation in the airways, causing coughing, shortness of breath and wheezing. For some, the “dryness” in the air and windy weather conditions (which can stir up allergens like dust and mold), can also be contributing factors. In general, the more severe your asthma is, the more likely cold air will cause your symptoms to flare.

During this time of the year, many are also more likely to pick up colds and other respiratory illness. These infections can further aggravate airway inflammation.

Helpful Tips:

- If you are able, especially when the weather is cold, consider staying indoors and stay warm. Prior to using the forced air heating system, make sure that there is an electrostatic filter in place, preferably one with a MERV 12 or 13 rating. If you see any mold inside the home, make sure to get rid of it using a diluted bleach solution, in a well-ventilated area. If mold continues to be an ongoing issue, check for sources of water intrusion and address all necessary repairs.

To allow us time to celebrate with our loved ones, our San Mateo office will be closed on Thursday, November 28, and Friday, November 29. We will have extended allergy shot hours on Wednesday, November 27 from 9:00 AM-3:30 PM. Our Daly City office will be open from 9:00 AM-5:30 PM on Wednesday November 27 (normal hours).