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MOST COMMON

FALL ALLERGIES IN COLLEGE STATION, TEXAS

Fall isn't a particularly miserable time for allergy sufferers in cooler regions, but here in Texas, our warmer climate encourages allergens to linger well into autumn. These are five of the most common fall allergies in College Station.



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AMARANTHUS

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This plant genus grows annually in agricultural fields and recently disturbed soils. During late summer and early autumn, the pollen from Amaranth plants like pigweed is released into the air. These allergens are highly concentrated in most areas of Texas but are also spread across the country.

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DUST MITES

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As an allergen that's present year-round across the United States, there's no escaping dust mites. These microscopic pests lurk behind curtains and embed themselves in carpet and bedding. Dust mite allergens commonly trigger asthma symptoms and thrive in warm, humid environments.



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GRASS

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Grass allergies irritate Texans well into mid-October thanks to grass's extensive pollination period. Winds carry grass pollen grains for miles on dry, sunny days and trigger allergic reactions in small doses. Grass pollen counts dip as temperatures fall near the beginning of November, bringing relief to allergy sufferers.

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MOLD SPORES

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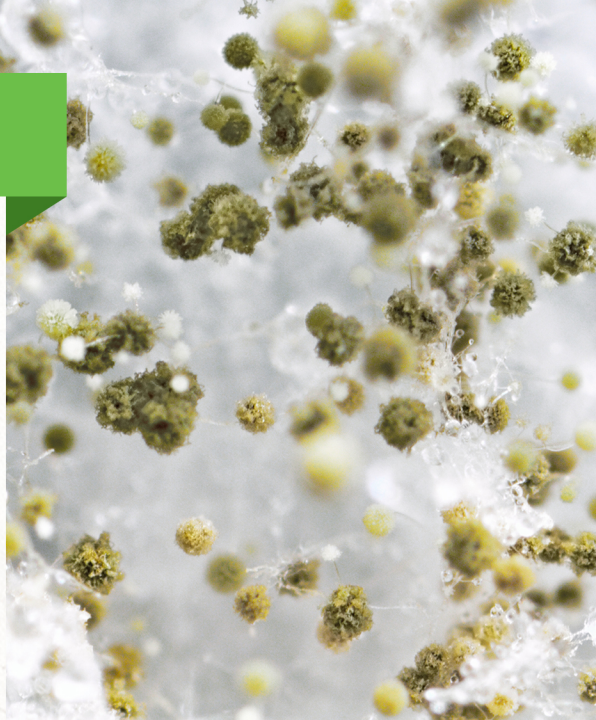
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Mold is another year-round allergen that induces sneezing, itching and runny noses among Texas allergy sufferers. Because mold spores are airborne, it is easy for them to enter the nose and cause hay fever symptoms or trigger asthma if they reach the lungs. Molds thrive in damp areas like basements and bathrooms.



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RAGWEED

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Fall is prime ragweed season, especially here in the arid Southwest. The 17 species of ragweed produce a fine-powder pollen from August to November, affecting as many as 23 million Americans. Ragweed can easily aggravate asthma symptoms, leading to increased coughing and wheezing.



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MINIMIZING ALLERGY SYMPTOMS



Proper medical treatment is the most effective way to improve your seasonal allergies, but there are a few other things you can do to limit your allergen exposure. These methods include washing the pollen out of your hair each night, checking pollen counts before traveling and protecting your eyes.



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FIND ALLERGY RELIEF

— WITH MALEK HEATING AND AIR —

Placing high-efficiency particulate air (HEPA) filters in your air conditioner is another nifty trick to trap pollen spores. If you have seasonal allergies, chose an experienced, licensed contractor to install an efficient air filter in your home.

**REQUEST YOUR APPOINTMENT TODAY BY
CONTACTING US ONLINE OR CALLING 979-446-0296.**



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SOURCES

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