

# WMBF Channel 32 – NBC

## Doctors warn of earlier start to allergy season

Posted: Mar 22, 2010 11:06 PM EDT Monday, March 22, 2010 11:06 PM EST Updated: Mar 23, 2010 9:15 AM EDT

By Trey Paul

MYRTLE BEACH, SC (WMBF) – If you've been outside, you may already noticed what allergy sufferers dread: pollen.

"It's kind of worse this year. It's just stuffy," said 9-year-old Riley Parker. "It's bothering me at school a lot."

Parker is already suffering from allergies and his doctor says because South Carolina has had such a wet winter, the state could have a very active allergy season.

"It's pretty annoying, but I kind of like it when I have a big sneeze because I get it out and I don't have to put up with it," said Parker.

"The sooner you get treated, the less likely you are to have severe symptoms," explained Dr. Mark Schecker of Coastal Carolina Allergy & Asthma Associates. "If you start your medications even a week or two beforehand, you might find that this season goes a lot better for you than waiting until you have symptoms already."

Schecker says the longer you're exposed to pollen, the more inflamed your tissues become and it becomes harder for the medicine to do its job.

"Contrary to popular belief, the pine pollen doesn't cause a lot of allergies," Schecker said. "It's the invisible pollen."

If you've ever wondered if one allergy medicine is better than the other, Schecker says there's really no difference in most. He says some last longer or are slightly stronger.

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