



## Pollen pounds allergy sufferers in South Carolina

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**Myrtle Beach, SC** - Pollen continues to cause problems for people in South Carolina. Experts said normally the pollen starts in March but came in mid-February this year.

Doctors said they have seen an increase in patients with symptoms including sneezing, headaches and itchy eyes. Horry County resident, Linn Schulte, said she goes to the doctor's office every week for an allergy shot.

"Pollen is a problem for me. It causes a lot of mucus, nasal drip, gagging and sneezing," said Schulte.

Doctors say allergy sufferers should try to avoid the pollen. Experts advise drivers to roll up the windows and turn on the air conditioning to help filter out the pollen. Allergist said the pollen season will only get worse, so a few things allergy sufferers can do is try to stay indoors, take the proper medication and try their best to avoid the pollen.

"People might want to shower because pollen will stick to your clothes and your skin or hair and you'll have a continued source of it" said Dr. Mark Schecker, Myrtle Beach allergist.

The pollen isn't causing problems for everyone. Car washes across the area have seen an increase in business, thanks to all that yellow stuff.

Dr. Joe Moyer, a Horry County allergist, said antihistamines such as Claritin last long and don't cause drowsiness. Doctors advise allergy sufferers to find the medication that works best for their body. Experts said avoidance, medication, and allergy vaccinations can be key preventative measures.