



Could you be allergic to Christmas?

by [Lindsey Theis](#)

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The holly, the ivy, the Christmas tree, the presents, the cold weather, the fruitcake, your aunt's pecan brownies, while many are enchanted with the winter wonderland that the holidays create, for some with allergies, this time of year is anything but enchanting.

For 12-year-old Tristan Moffitt, the holidays can be rough. Over the past seven years, she's been getting shots for her mold, dust and grass allergies.

"When it started, I got a shot every week, and it hurt at first, but now I'm just used to it," Tristan told us.

Tristan's allergist, Dr. Mark Schecker, says it's typical for him to see more patients around the holidays. "There's a number of things they might get exposed to this time of year that might flair them up."

Things like your Christmas tree can affect sap and mold allergy sufferers, and those dusty Christmas decorations that have been in storage all year don't help either. Even your warm holiday home might be bad for you.

"It's colder at this time of year. People are burning their yule logs, and the smoke from the fire can aggravate allergies as well as asthma," Dr. Schecker says.

Tristan's family has been working to help her allergies. They have a fake tree and use scented candles to bring Christmas inside. She says it keeps her in the Christmas spirit.

Here are the top allergy and asthma irritants doctors see around the holidays:

- Christmas tree (pine, sap, mold)
- peanuts
- scented candles
- tree nuts
- cold weather
- fish
- food allergies:
- shellfish
- milk
- soy
- eggs
- wheat