

Berks doctors seeing allergy patients earlier than usual

SPRING TWP., Pa. - Living in the Northeast, you know what you sign up for: weather that's liable to change faster than you can keep up with. That's not limited to just getting caught without an umbrella.

Allergy season is upon us, and health professionals are keeping busy.

"Definitely seeing a lot more allergy patients sooner in the year, sooner than we would expect," said Meghan Ludwig, a physician assistant at Patient First in Spring Township.

A big culprit is the roller coaster-like temperatures. Ludwig said this is the end of flu season, and it's important to know which you may be suffering from.

"With the flu, I kind of describe it to my patients as you kind of feel like you got hit by a truck," said Ludwig. "With allergies, you can feel a little bit fatigued sometimes, but it's more just kind of that annoyance with that congestion and so forth."

With the pollen coming soon, she said you shouldn't dry your clothes outside, and be extra careful when working outside.

"If you're airing out your house, opening up all the windows, as much as I hate to say it, be careful with that," said Ludwig. "You kind of maybe want to stick more with the air conditioner, using some machines to purify the air versus opening the windows, where the pollen is going to be blowing right in."