

# 503-ATHLETE NEWSLETTER

Sports tips for Crossfire  
United ECNL by the  
Specialists at  
Orthopedic + Fracture

## Dealing with *Allergies*

### Spring Has Sprung!

Spring time brings us longer days, warmer weather and tons of opportunities to enjoy the great outdoors and spring sports. Unfortunately, spring also brings sneezing, wheezing, itchy throats, watery eyes, and the sniffles. Yes, allergy season is coming, but don't let it keep you from playing sports, relishing a nice jog, or hiking that mountain! The important thing to remember is to take precautions and be prepared.

#### ✓ Calendar Check

Tree pollen is the major culprit for common outdoor allergies. Pollen season varies very slightly from year to year, so it's quite easy to predict. Find out when the season starts in your area so you can be prepared. You can start taking over-the-counter or physician prescribed allergy medication (consult your primary care physician or pediatrician before starting any new medications) before the pollen starts to fly.

#### ✓ Weather Check

Stay updated on the local pollen level in your community by using resources like pollen.com. Windy and rainy days can be bad news for people with allergies – wind tends to carry various types of pollen for miles on end and rain can stir up allergens from the ground. Be sure to check the forecast every morning – if conditions don't look so good, you might need to take a day off from playing outside. Student athletes must remember that if you're not feeling well, you're not going to perform well, so if you need to miss one practice because of bad weather and allergies – that okay!

#### ✓ Time Check

Some studies suggest that pollen counts are worst in the early morning from about 5 AM to 10 AM. If you know that you have allergies, avoid the outdoors during these hours if possible. If you prefer to exercise in the morning, opt for less intense activities that can be performed indoors such as swimming, weight training, indoor cardio, or yoga – all of which will give you a great workout without the risk of increasing your allergy symptoms.

*These tips provide general information only and are not a substitute for your own judgment or physician consultation.*

#### ALLERGY TIPS

- Shower after play/practice to wash away all the pollen.
- Protect your eyes – helps minimize pollen up to 50%.
- Carry a clean towel to wipe off sweat and pollen.
- Consider nasal irrigation - a sinus rinse can flush out pollen and other allergens.
- Take antihistamines at least an hour before exercise.
- Bundle up in the cold.
- Don't forget the sunscreen even if it isn't sunny.



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 **STOP  
SPORTS  
INJURIES**

PARTICIPATING  
SPORTS MEDICINE PRACTICE