



## WELLNESS WORKSHEET 100

### Allergy Record

Allergic disorders are very common among people of all ages. Put a check next to any of the following allergic disorders that you have experienced:

- Allergic rhinitis (persistent nasal congestion, runny nose, and/or postnasal drip)
- Atopic dermatitis (chronic or recurrent inflammation of the skin)
- Allergic conjunctivitis (red, itchy, watery eyes)
- Asthma
- Sinusitis (chronic sinus infection characterized by persistent cold symptoms, often including facial pain)
- Contact dermatitis (rash resulting from contact with an allergen)
- Food allergy
- Insect sting allergy
- Drug allergy

Next, create a record of your allergy triggers. Put a check next to any substance to which you have had an allergic reaction; if appropriate, list the specific type of substance you are allergic to (cats, spider bites, nuts, and so on). Describe the type of reaction you had.

<input checked="" type="checkbox"/> Allergen	Specific Type(s)	Reaction(s)
Poison ivy or oak		
Animals		
Feathers		
Insect bites or stings		
Molds		
Dust mites		
Ragweed		
Pollen		
Foods		
Other:		

*(over)*

Describe any allergy tests you've undergone and any treatments you received for allergies or asthma.

**INTERNET ACTIVITY**

Many people suffer from seasonal allergies, in which the severity of symptoms varies with the concentration of environmental allergens such as pollen. Current pollen counts and yearly pollen patterns are available from the Web site of the American Academy of Allergy, Asthma, and Immunology's National Allergy Bureau (<http://www.aaaai.org/nab>). Visit the site and locate the pollen information for the city closest to you. Check both today's pollen count and the record over time for the area. Which types of pollen are at the highest concentrations in which months? If you have allergies, can you see a relationship between your pattern of symptoms and the seasonal pattern of pollen concentrations in your area?

City: \_\_\_\_\_

Current pollen counts: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Seasonal pattern (describe):