Is it a Cold or Allergies?

Both colds and allergies have similar symptoms such as stuffy and/or runny nose, sneezing and watery eyes. However, it’s most likely allergies if:

- You do not have a fever or muscle aches
- Your nasal secretions remain clear and runny
- Your sneezing occurs in rapid, multiple sequences
- You have itchy ears, eyes, throat or roof of the mouth
- Your symptoms last more than 7 to 10 days

It’s all about the Pollens and nothing but the Pollens this time of year

Pollens are the tiny powdery granules that are necessary for plant fertilization. The average pollen particle is less than the width of a human hair. Many trees, grasses and weeds have small, light pollens that are well-suited for spreading by wind. These pollens trigger most allergy symptoms.

Each plant has a period of pollination that does not vary greatly from year to year. However, weather conditions can affect the amount of pollen in the air at any given time. Rain will usually decrease pollen in the air.

Seasonal allergy symptoms in the early spring are triggered by the pollens from trees such as cedar, alder, birch, cottonwood and poplar. In the late spring and early summer, pollinating grasses trigger symptoms. Weed pollen from plantain, lambs quarter and dock are responsible for late summer and fall hay fever symptoms.

Pollen Counts

Northwest Asthma and Allergy Center (NAAC), a member of the American Academy of Allergy, Asthma and Immunology’s (AAAAI) Aeroallergen Network, collects pollen counts in the Seattle area. NAAC is responsible for sampling the air for pollen which is collected Monday through Friday from February (sometimes earlier if we have a mild spring) to September. The results are displayed on NAAC’s website (www.nwasthma.com), reported to King 5 News and used by ASTHMA, Inc. for seasonal allergy studies. The results are also reported to the AAAAI to be displayed on their website at www.aaaai.org and go to Patients and Consumers.
Recruiting Studies

Do you suffer runny nose and itchy eyes year around from dust and other indoor allergens?

If so, you may qualify for a research study that is being conducted by ASTHMA, Inc. Research Center. Qualified participants must be at least 12 years or older, have perennial (year round) allergies. Qualified participants are compensated for time and travel. All study-related diagnostic testing and medical care provided at no cost to you.

Do you have asthma due to allergy to cat, dog or dustmite?

ASTHMA, Inc. is conducting a clinical research study. Qualified participants must be age 18-55 years with persistent allergic asthma. Length of study is 6-1/2 months. All participants receive study related immunotherapy to indoor allergens. Compensation up to $1150 for time and travel. All study-related diagnostic testing, investigational medication and medical care provided at no cost to you.

Do you have recurring nasal congestion and/or runny nose caused by cold dry air, perfume, tobacco smoke, or odors?

If you are age 18 to 60 years, have chronic nasal symptoms, do not have allergies or asthma and are a non-smoker, you may be eligible to participate in our research study. No investigational medication; only 4 office visits over approximately 4 weeks. If you qualify, all diagnostic procedures (skin testing, sinus x-ray, and nasal cytology) will be provided at no cost to you. In addition you may receive up to $300 for your time and office visits.

Keep current on our new studies!
Visit www.asthmainc.org
206-525-5520 or 1-888-400-7765
Recruiting studies

Do you have allergies to cat, dog and dustmites that always have you reaching for a tissue?

If so, you may qualify for a research study that is being conducted for perennial allergies. Participants must have a two year history of perennial allergies and be 12 to 65 years of age. Qualified participants are compensated up to $250 for time and travel.

Do you have eczema or atopic dermatitis?

Have you used PROTOPIC® (tacrolimus) ointment before you were 16 years of age to treat your eczema? Would you be interested in participating in a long-term program that will monitor your health? You may be eligible to participate in an observational research study. Talk to your physician if you would like to learn more about this important program.

Are you a healthy individual without asthma or allergies? We need you!

If you are age 18 to 60 years, have no chronic illnesses, do not have allergies or asthma and are a non-smoker, you may be eligible to participate in our research study. No investigational medication; only 4 office visits over approximately 4 weeks. If you qualify, all diagnostic procedures (skin testing, sinus x-ray, and nasal cytology) will be provided at no cost to you. In addition you may receive up to $300 for your time and office visits.

Keep current on our new studies!
Visit www.asthmainc.org
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### SEATTLE AREA POLLEN SEASONS

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<tr>
<th>February</th>
<th>March</th>
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<th>May</th>
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For daily pollen counts, visit [www.nwasthma.com](http://www.nwasthma.com)

ASTHMA, Inc. Research  
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Seattle, WA 98105