

Allergies in the Charlotte Area



Are you sneezing? What about runny nose and watery eyes? You may have allergies. And the Charlotte region is one of the top places for allergy suffering!

The Asthma and Allergy Foundation of America (AAFA) released its 2025 Allergy Capitals™ report detailing the most challenging places in the United States for living with pollen allergies. **North and South Carolina have FOUR of the top TWENTY!**

Among the top 20 most challenging places to live with seasonal allergies are:

- 7. Raleigh, NC
- 9. Greenville, SC
- 10. Greensboro, NC
- **18. Charlotte, NC**

Most of the pollen that causes allergic reactions comes from trees, grass, and weeds.

Tree pollen is the first pollen to appear each year in the U.S. Trees produce the most pollen from February through April. And in some regions, such as the South, trees may produce pollen as early as December or January.

Grass pollen causes most late spring and summer pollen allergy symptoms from April through early June.

Depending on your location, **weed pollen** – especially ragweed pollen – can trigger symptoms starting in August and peaking in mid-September. Ragweed season may last 6 to 10 weeks until the first frost. Some parts of the U.S. now have pollen year-round.

Allergic Rhinitis and Allergic Asthma

Pollen can cause symptoms for people with two common allergic conditions: seasonal allergic rhinitis (“hay fever” or “nasal allergies”) and allergic asthma.

Common symptoms of allergic rhinitis caused by seasonal allergies include:

- Runny nose (also known as rhinorrhea – usually a thin, clear discharge)
- Stuffy nose (due to blockage or nasal congestion)
- Sneezing
- Red and watery eyes
- Itchy nose, eyes, ears, or mouth
- Swelling around the eyes

Many people with asthma also have allergies. And allergies can trigger or worsen asthma. This is called allergic asthma. **Common signs and symptoms of allergic asthma include:**

- Shortness of breath
- Cough
- Chest tightness or pain
- Wheeze (a whistling sound when you breathe)
- Waking at night due to asthma symptoms
- A drop in lung function

Managing Your Pollen Allergies

Now more than ever there are a number of available and accessible options to help you find relief.

Work with your doctor to include the steps below in your allergy treatment plan:

- Prevent pollen from getting into your eyes, nose, mouth, and lungs
- Manage your contact with pollen
- Use allergy medicines and treatments to control your symptoms
- Rinse out your nose with a saline solution
- Ask your doctor about immunotherapy
- Read the report to find more tips on how to manage your pollen allergies, no matter where you live.

The Good News About Rain and Pollen

Light, steady rain showers can wash the pollen away, keeping it from flying through the air. The humidity that follows helps keep pollen down too. Rain can have a welcome benefit for people with pollen allergies.

During dry, hot seasons, trees can actually release more pollen. There is less moisture in the air to weigh down the pollen grains when the wind blows. This helps more pollen travel farther and more easily.

The Not-So-Good News About Rain, Pollen, and Other Environmental Allergens

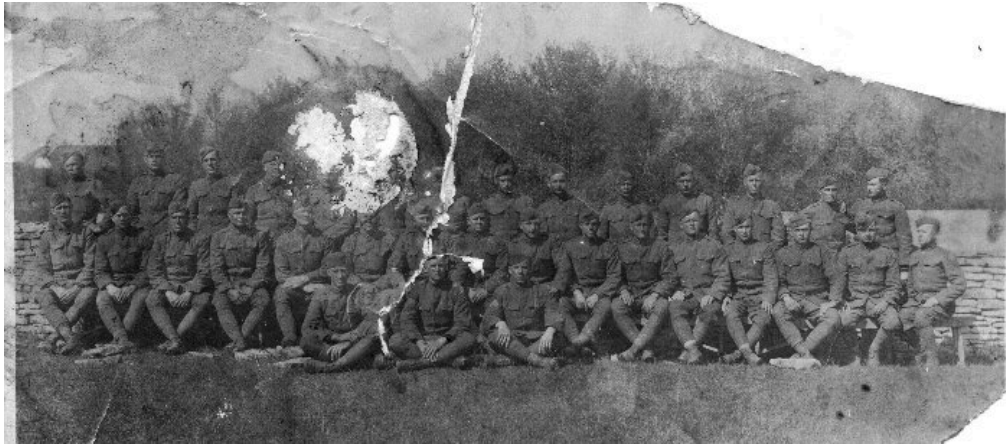
While rain can be good if you have pollen allergies, it can cause issues for people with allergies to grass, weeds, dust mites, and mold.

When it rains when grass and weed pollen counts are high, raindrops can hit the ground and break clumps of pollen into smaller particles. They can then quickly scatter into the air, causing a sudden increase in allergy and allergic asthma symptoms during the rain shower. This tends to happen more often during sudden, heavy downpours and thunderstorms.

If you're in a rainy and humid season, mold and dust mite counts can increase. Outdoor mold thrives in damp conditions. Remove leaves before they become moldy.

For more information on your personal allergy situation, please contact your primary care provider.




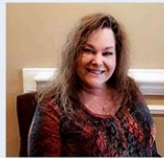
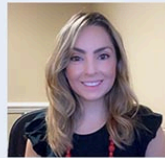


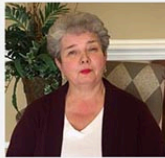




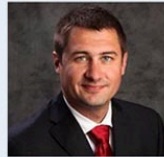
Memorial Day is more than just a day off.



My family and I are proud to be Americans, and to have served this country's military. My dad, five brothers and I have all served in various branches of military service. Dad served as a Forward Observer in France in WWI. My wife's father and his 2 brothers served in the Navy. During WWII, the eldest brother's ship was attacked by the Japanese -- there were no survivors.

Old photos (above) show the brave men our father served with. And the USS Manchuria brought him home.

Larry

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