

Common Sense in

# ALLERGY & ASTHMA

## Don't Dig Up the Garden!



Pollen is in the air when spring flowers appear, but they aren't the cause. Plants make fragrant or attractive flowers to attract insects or birds to carry their pollen. These pollens must be sticky to stick to insects or birds in flight. They also stick to each other, forming clumps too big and heavy to travel very far with the wind. Plants that depend on wind make lightweight pollens and don't waste energy to give their blossoms fragrance or color.

The major early (Mar-May) spring pollens in southern New Jersey are oak and maple, which commonly travel 10 miles or more. Trees have learned to release most of their pollen early in the morning to take advantage of morning breezes.

In New Jersey most tree pollen except pine is gone by Memorial Day. Pine releases pollen throughout the summer, but its pollen is heavy and wind doesn't carry it much farther than about twice the height

of the tree. Pine allergy is only a problem if you live or work in the woods or under a canopy of tall pines.

Grass season begins near Memorial Day and different weeds from July 4 to late August. Grass season is expanding with climate change, which we'll discuss in a future issue of Common Sense.

For the management of your allergies we think it's Common Sense to seek care from a recognized expert. Dr. Coifman is the only South Jersey allergist chosen to teach in the continuing medical education programs of the two national allergy scientific societies. He has served on national meeting faculty for six separate programs on allergy management, as well as programs on other topics in his specialty.

*If you wheeze or sneeze (or itch or have problems with skin, food or insect sting allergy), come see us, please.*

**Robert E. Coifman, M.D.**

**Board Certified Adult &  
Pediatric Allergist**



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serum, and treatment plans*