

# Common Sense in ALLERGY & ASTHMA



## Are You Wheezin' or Sneezin' in Ragweed Season?

**R**agweed accounts for more hay fever symptoms than all other plants in North America combined. Ragweed symptoms begin in mid-August and last until the first frost, though they may merge with symptoms caused by other weeds in July and early August and by molds in October and November.

Ragweed was the first allergen for which high dose immunotherapy was shown to

give good control of the disease. This was done in the 1960's and 1970's, and these doses are standard, today.

*Dr. Coifman is the only South Jersey allergist chosen to teach in each of 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.*

**WORD FUN**— Can you find these words?  
sinus, congestion, pollen, stuffy, eyes,  
wheeze, weed, allergy, grass, oak, birch

e o n s e s u n i s  
y r e e y h c r i b  
e e l e w h e e z e  
s m l r r g n n r q  
n o i t s e g n o c  
d a e e l s s a r g  
e k n l r e s e l h  
e a o y g r e l l a  
w p s a y f f u t s

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