

## The High Cost of Allergies

by From Judy Tidwell, *Your Guide to Allergies*

Allergies Can Affect Your Budget and Quality of Life Have you ever considered how much your allergies cost you? Whether you are suffering from inhalant allergies or food allergies, your life has been impacted not only physically and emotionally, but financially.

The April 2002 issue of "Annals of Allergy, Asthma, and Immunology" contains a study from Emory University that addresses the high cost of allergies. By reviewing past studies, the research team, led by Stanley Fineman, M.D., discovered allergies not only caused a financial burden but also affected a person's quality of life.

"Because allergic rhinitis influences many aspects of daily living, it is important to be diagnosed and treated properly. Physicians' and patients' education will increase their awareness and signs and symptoms of allergic rhinitis," Fineman concludes

from the findings.

### Financial Burden

The cost of medications and preventative measures puts a strain on any household budget. Stop to think how much you spend on ways to help reduce your reactions. Listed here are items that can destroy anyone's budget.

\*Medical care -- Doctors visits, allergy tests, over-the-counter medications, prescription medications, vitamins, supplements, and facial tissues.

\*Preventative measures -- bedding encasements, air purifiers, air filters, replacing carpet with other flooring, specialty foods, fragrance free products, and the list could go on forever.

### Quality of Life

Allergies affect everyone differently, but all who suffer from allergies have their quality of life impacted in one or more ways. Allergies

have been known to affect people's:

- \* Cognitive functions;
- \* Decision making abilities;
- \* General productivity;
- \* Learning abilities;
- \* Quality of work;
- \* Self esteem;
- \* Stamina.

