



# What's in the Air?: The Complete Guide to Seasonal and Year-Round Airborne Allergies

*Gillian Shepherd M.D., Marian Betancourt*

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An up-to-the-minute look at what we know about airborne allergies—why they strike, how to avoid them, and how to handle the symptoms that do appear—with information on the newest, cutting-edge drugs that will be hitting the market just as the book appears.

Manage your allergy symptoms year-round with expert advice from board-certified allergist and immunologist Dr. Gillian Shepherd.

What's in the air?

Pollen, mold spores, dust mites, and pet allergens affect and irritate more than 60 million Americans. That number is increasing every day—and allergies are now the sixth leading cause of chronic illness. But most people don't know a great deal about these airborne allergens—other than how miserable they make them feel. Now, Dr. Gillian Shepherd will bring comfort to sufferers with the latest research on the causes of and available treatments for allergic rhinitis (hay fever) and allergic conjunctivitis (teary eyes).

Discover:

- how and why your immune system reacts to allergens
- the worst pollens: where they are and how far they travel
- how to help your child cope with allergies
- the truth behind the word “hypoallergenic”
- tips for “allergy-proofing” your home, office, and car
- the effect that changing weather may have on your symptoms
- when allergy shots can help and when they can't
- exciting new medical research that will eventually cure allergies.

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