

Quit Treating Your Symptoms: MANAGE & BEAT YOUR ALLERGIES

Short-term remedies may cause life long challenges for allergy sufferers



There's no doubt about it, suffering through allergy symptoms can make your life miserable. Agonizing through itchy, watery eyes, a stuffy nose and inflamed sinuses can have you reaching for anything to relieve your symptoms. But according to Denton Combs of Denton Combs Center for Excellence in Care, "If you choose to simply treat your symptoms and do nothing to fix the real problem, your allergies can continue to worsen."

You experience allergies when you are exposed to something—called a trigger—that your body over-reacts to causing an immune response. These over-reactions are meant to protect your body, but they also frequently cause mild to severe discomfort, pain and worse. The Asthma and Allergy Foundation of America notes, "This can result in symptoms such as coughing, sneezing, itchy eyes, runny nose and scratchy throat. In severe cases, it can also result in rashes, hives, lower blood pressure, difficulty breathing, asthma attacks and even death."

"Treating your allergy symptoms can actually cause your immune system to become very strained and work ineffectively. Your allergies can continue to worsen until you're 55 unless you treat them, which can stop their progression and even greatly reverse their effects."

~ Denton Combs,
Denton Combs Center for Excellence in Care

Because it's difficult to know what your trigger is without being tested for allergies, most people treat their symptoms to gain relief. Denton shares, "Many times people use over-the-counter medications such as Afrin® for instant relief, which it does do a good job of providing. However, since they're not addressing the true issue, they will never have the opportunity to treat their allergy, which in turn may get worse over time."

The AAFA estimates that 50 million Americans, or one in five, have allergies, including indoor/outdoor, food, drug, latex, insect, skin and eye. For Denton, this is a well-known fact. Specializing in allergy and chronic ear, nose, and throat problems for the past 14 years, he has an incredible success rate in helping his patients identify their allergies and treat them effectively through avoidance, pharmaceutical management or immunotherapy. He notes, "Allergies can be treated but not if they're not identified. Once you decide to stop settling for short-term fixes and find the real culprit, we can turn the situation around for you."

The Denton Combs Center for Excellence in Care is located just south of 57th Street and Western Avenue at 5120 S. Western Ave., Suite 104. For further information or to schedule an appointment, call 605-274-3898 or visit www.allergysiouxfalls.com.

Typically referrals aren't necessary, but it's always best to check with your insurance provider before making an appointment.



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