

Spring into Action to Ease Your Child's Allergies!

As spring flowers bloom, so do those unfortunate seasonal allergies. Here are a few tips to battle the sniffles and sneezes...

Outdoor Allergies

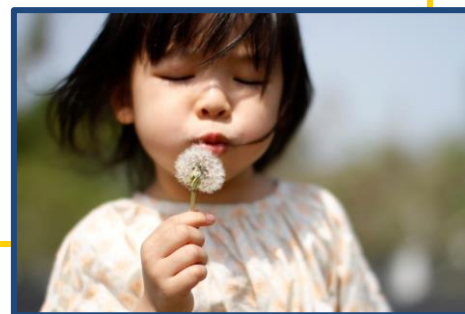
- Allergy-prone children can and should enjoy outdoor activities. Be sure to check pollen and mold levels as these typically rise mid-March to June and can re-emerge in the fall.
- <https://www.pollen.com/map> is a good resource.

Indoor Allergies

- Indoor factors like mold, dust, and pet dander can affect children's health. Opening windows for fresh air can inadvertently introduce more allergens into the home.
- Pet allergens can cling to clothes and furniture, impacting allergy-prone children. Cats are more likely than dogs to trigger allergic reactions due to dander and saliva, not just fur.

Over the Counter (OTC) Treatment Options

- Antihistamines and decongestants can alleviate allergy symptoms.
- Antihistamines are best given before symptoms occur and include, among others, Claritin (loratadine), Zyrtec (cetirizine) and Allegra (fexofenadine).
- Decongestants should not be used for extended periods due to potential rebound effects.
- Look for formulations labeled "non-drowsy" and check ingredients for an added "D" to identify combinations that include decongestants.
- If OTC medications do not work, consult your pediatrician. Options like nasal steroid sprays, eye drops, or, in severe cases, allergy shots may be recommended.

**Plan Ahead! Schedule Your Child's Physical Today!**

Why schedule in the summer? Summer is the perfect time to schedule your child's annual physical. With the school year behind us and fall sports around the corner, a summer check-up ensures your child is healthy, up to date on vaccinations and ready for the year ahead!

Why schedule your sports physical with a pediatric provider? Pediatric providers are trained to identify and treat medical and bone/joint problems that are commonly seen in children and adolescents who play sports.¹ They will ensure your child is up to date on immunizations, discuss concerns in a confidential setting, and there is no additional cost for completing the sports physical when part of the routine well child check.

Ready to Schedule? With sports forms due in August and appointments booking fast, schedule now via [MyChart](#) ("Pediatric Well Child Check-Up") or by calling your provider's office.

Expert Advice from the Physicians You Trust!

We're excited to introduce our pediatric blog – a trusted resource filled with expert advice from our very own pediatricians.

From newborn care to adolescent wellness, our doctors provide practical tips, the latest medical insights and answer common parenting questions.

Check out our first blog articles on [summer safety](#) and [pre-teen wellness](#) at [TriHealth.com/blogs](https://www.trihealth.com/blogs).

In a recent episode of **Getting Health Care Right**, our very own Dr. Joseph Bailey (System Chief – Pediatrics) and Dr. Gabrielle Paul (Child & Adolescent Psychiatrist) addressed:

- Behavioral health challenges children and teens face today.
- Diagnosing and treating a young person with a mental health condition.
- TriHealth's practice of embedding behavioral health specialists in its facilities and the resources they provide (for patients and parents).
- Dr. Bailey's No. 1 piece of advice for parents concerned about their child's mental health.



Click [here](#) to listen to the full podcast!



As always, thank you for trusting TriHealth Pediatrics with your child's care!