

## **The 411 on Seasonal Allergies *(Interview Transcripts)***

**Shitaldas Pamnani, M.D., PhD, Internal Medicine Physician, OSF HealthCare**

“Dry eye and dry throat may not be allergy symptoms. It’s more the other way around – the throat feeling more irritated and itchy, runny eyes or feeling like there is dirt in the eye. These can sometimes be allergies because sometimes the pollen triggers that and it leads to more runny eyes or watering of the eye rather than dry eyes.” (:20)

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“Lately what I’ve been seeing is vertigo – or BPPV (benign paroxysmal positional vertigo) that can be triggered because of severe sinus congestion. It can lead to Eustachian tube dysfunction, which is one of the things that I’ve been noticing.” (:14)

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“Sometimes, it’s associated with migration – when you move from one area to another area. Allergies are triggered because of the protein particles in pollens and whatnot. Some people do get desensitized to these protein particles and later in life they might have reduced allergies. But if they move to a new area, it takes a couple of years of getting exposed to new particles and developing an immune response, and they may start having allergy symptoms in that area.” (:26)

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“Persistent symptoms for more than three to four weeks, having mucopurulent which is basically yellow to green discharge, fever, headache, sinus pain or face pain, ear pain, vertigo symptoms – those symptoms are the most common reasons you should see a doctor.” (:18)