

Allergy

Allergies are a major issue in Oklahoma. Allergies are a result of your body majorly overreacting to a minor irritant. I like to say it is like killing a fly in your living room with a 12 gauge shot gun; sure it is going to kill the fly, but it is also going to make a mess of the living room. Something as insignificant as a piece of ragweed pollen will make many peoples immune system break out the shot gun. The immune system will react to the pollen the same way it was designed to react to flesh eating bacteria, it throws everything its got at it. This is clearly overkill.

You are never going to be able to change the way your body's immune system is set up (it is like a good NRA member... you are going to have to pry the shotgun out of its cold dead hands). But, there are several ways to deal with this run away immune system.

The first is to take the bullets out of its gun. That is what most allergy medications do. Antihistamines, leukotriene inhibitors, and mas cell stabilizers all work by not letting the body release certain chemicals that cause allergy symptoms, just like taking the bullets out of the gun does not let the gun release lead out of the end. The problem is it does not take very long until the gun is reloaded.

The second thing to do is to blow up the bullet factory. The bullets he still has are still live, but he cannot get more. This is what steroids do very well. Steroids, especially nasal steroids you spray in your nose, do not allow any more of the allergy chemicals to be produced. This is why it takes 2-3 weeks for them to be fully effective. But, once they are working they do a very good job of keeping the crazy guy in your living room from blowing holes in the wall.

The third, and best, method we have is allergy shots. Allergy shots are kind of like sending a whole team of people with flyswatters into your living room. A fly pokes his head in there and he gets splatted. The guy with the shotgun never sees the fly. Eventually the guy will get bored and put the shotgun down. Because allergy shots are messing with your immune system you have to increase the dose slowly, and it takes months to get up to the full dose. But once you are there they make a big difference. And after you have been on allergy shots for 7-8 years you can usually take yourself off for 5-10 years and you will not have the allergy problems. Sometimes it is even a lifelong improvement.

