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# The reasons behind why your seasonal allergy symptoms are worse this year

## Description

It's allergy season in many East Coast states like New York, with symptoms like sneezing and coughing in full swing. Dr. Purvi Parikh, an allergist, attributes this to a warmer winter and earlier start to the season, exacerbated by climate change.

Allergens like pollen can cause nasal swelling, leading to discomfort. To combat this, keep windows closed in the early mornings and follow tips like using air purifiers and changing sheets frequently.

For relief, consider over-the-counter medications like Claritin or Flonase, but consult a doctor if symptoms worsen. Some studies suggest that local honey could help alleviate allergies, but more research is needed. Remember, it's important to avoid honey for children under one year old and individuals allergic to bees.

With these tips, you can better navigate allergy season and enjoy the spring months ahead.

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## Vocabulary List:

1. **Allergy** // (noun): A damaging immune response by the body to a substance especially pollen.
2. **Symptoms** // (noun): Evidence of a disease or condition experienced by an individual.
3. **Exacerbated** // (verb): Made a problem bad situation or negative feeling worse.
4. **Allergist** // (noun): A physician who specializes in diagnosing and treating allergies.
5. **Nasal** // (adjective): Relating to the nose.
6. **Alleviate** // (verb): Make suffering or deficiency or a problem less severe.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What term is used to describe a group of symptoms that consistently occur together?  
Option: Antioxidants  
Option: Hypertension  
Option: Syndrome  
Option: Metabolism
2. Which term describes food that is beneficial for health and growth?  
Option: Injection  
Option: Nutritious  
Option: Glycemic Index  
Option: Hydrating
3. What is the term used to describe the desire to eat food?  
Option: Trials  
Option: Appetite  
Option: Obesity  
Option: Allergy
4. Which mineral is important for muscle function and heart health?  
Option: Fiber  
Option: Antioxidants  
Option: Potassium  
Option: Essential
5. What method involves administering a substance into the body using a needle or syringe?  
Option: Injection



- Option: Criteria
- Option: Inspiration
- Option: Variety

6. What term is used to describe experiments or investigations?

- Option: Exacerbated
- Option: Alleviate
- Option: Trials
- Option: Allergist

7. What term refers to a low sound like that of a bee?

- Option: Buz
- Option: Incorporate
- Option: Retatrutide
- Option: Glycemic Index

8. Which term describes a damaging immune response to a substance?

- Option: Exacerbated
- Option: Allergy
- Option: Hydrating
- Option: Obesity

9. What is the name of the medication under investigation in clinical trials?

- Option: Nutritious
- Option: Retatrutide
- Option: Incorporate
- Option: Antioxidants

10. What term refers to a publication distributed regularly containing news and updates?

- Option: Newsletter
- Option: Metabolism
- Option: Incorporate
- Option: Criteria

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ is a condition in which the force of the blood against the artery walls is too high.

12. Lack of sleep \_\_\_\_\_ his existing health problems making them worse.

13. It is important to \_\_\_\_\_ a variety of fruits and vegetables into your diet for optimal



nutrition.

14. Regular exercise can help boost your \_\_\_\_\_ and aid in weight management.
15. Foods rich in \_\_\_\_\_ can help reduce oxidative stress in the body.
16. Drinking herbal tea may help to \_\_\_\_\_ symptoms of indigestion.
17. Including a \_\_\_\_\_ of foods in your meals ensures you get a range of nutrients.
18. Proper \_\_\_\_\_ is essential for overall health and well-being.
19. The \_\_\_\_\_ for selecting participants in the study were very strict.
20. His journey to recovery was an \_\_\_\_\_ to many others facing similar challenges.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Including sufficient in your diet can promote healthy digestion and prevent constipation.
22. Choosing foods with a low can help regulate blood sugar levels.
23. It is important to consume a diet to support overall health and well-being.
24. An specializes in the diagnosis and treatment of allergies.
25. Bananas are a good source of which is essential for muscle function.
26. Drinking an adequate amount of water is important for the body.
27. is a condition characterized by excessive body weight and fat accumulation.
28. Omega-3 fatty acids are nutrients that the body needs but cannot produce on its own.
29. Trying to more physical activity into your daily routine can improve your fitness levels.
30. Common of allergies include sneezing itching and nasal congestion.

**Answer**

**Multiple Choice:** 1. Syndrome 2. Nutritious 3. Appetite 4. Potassium 5. Injection 6. Trials 7. Buz 8. Allergy 9. Retatrutide



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10. Newsletter

**Gap-Fill:** 11. Hypertension 12. exacerbated 13. incorporate 14. metabolism 15. antioxidants 16. alleviate  
17. variety 18. hydration 19. criteria 20. inspiration

**Matching sentence:** 1. fiber 2. glycemic index 3. nutritious 4. allergist 5. potassium 6. hydrating 7. obesity  
8. essential 9. incorporate 10. symptoms

## CATEGORY

1. Health - LEVEL1

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