

AUTUMN *is here*

Stay Ahead of Autumn Allergies

Take Control of Your Autumn Allergies and Breathe Easier

Autumn brings crisp mornings, colorful leaves, and the comfort of sweater weather—but for many people, it also marks the return of sneezing, congestion, and itchy eyes. Seasonal allergies are especially common this time of year, and even those who don't normally experience them may start to feel the effects of changing weather, indoor heating, and dry air.

Why Fall Allergies Flare Up

As summer fades, new allergens take over the air. Ragweed pollen is one of the biggest culprits, peaking from late August through early November. Mold spores also thrive in damp, fallen leaves and soil, and as the weather cools, we spend more time indoors—where dust mites and pet dander can make symptoms worse. The result? Stuffy noses, watery eyes, fatigue, and disrupted sleep that can make it hard to enjoy your favorite fall activities.

When to See Your Provider

If over-the-counter allergy relief isn't cutting it, or if your symptoms seem worse than usual, it's a good time to check in with your healthcare provider. Allergy symptoms can sometimes overlap with colds, sinus infections, or even early respiratory issues, so getting a professional assessment ensures you're treating the right problem.

Your provider can help you:

- Identify your specific allergy triggers through simple testing or review
- Adjust medications or recommend personalized treatments to ease symptoms
- Offer lifestyle tips to reduce exposure both indoors and outdoors
- Check for underlying conditions, such as asthma or sinus infections, that might be making symptoms worse

The Importance of Regular Check-Ups

Even if you feel generally healthy, preventive care plays a huge role in long-term wellness. Regular check-ups allow your provider to track changes, monitor chronic conditions, and address small concerns before they turn into larger issues. They're also a chance to discuss seasonal health concerns like allergies, flu prevention, and immune support as we head into cooler months.

Your health is your most valuable asset—and taking the time for a quick visit now can help you stay active, productive, and comfortable all season long. Imagine breathing easier, sleeping better, and having the energy to enjoy everything fall has to offer—from cozy evenings at home to family hikes through the leaves.

This Fall, Make Your Health a Priority

Don't wait until symptoms get worse or allergy season peaks. A short appointment could bring weeks of relief and peace of mind.

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