

Increase in Allergies

“Despite the Costco size pack of tissues I went through last week, it’s not so bad... I can still breath out of one nostril and my watering eyes are getting me even more sympathy!”

Because your immune system works together with your hormones it’s likely that once menopause arrives their working relationship will be impacted and that could possibly lead to menopausal allergies or even allergic reactions. Your allergies may grow stronger if you already had them before menopause or new ones may appear during the change. Allergies can appear in the respiratory system, digestive system or on the skin.

There are several different types of allergens like dust, pollen, mold, food, etc... and different symptoms may appear with each one. Some symptoms may be mild, like watery eyes, congestion, sneezing, mild rash, etc... while others could be very severe or life-threatening like difficulty breathing, hives, swelling, vomiting, diarrhea, confusion, anaphylaxis, etc...

Allergy tests can help to identify allergens that you may need to avoid. Ask your doctor about what sort of medications, shots or nasal sprays are available that might provide you with some relief.