

## Avoid Allergy and Asthma Triggers as You Shape Up

Getting in shape is *good* news for your health. But if you have allergies or asthma, the hidden triggers at the gym may be *bad* for your condition.

Board certified allergists Dr. Daniel Reichmuth and Dr. Sami Nallamshetty of Florida Medical Clinic Dept. of Allergy suggest the following tips to keep your visits to the health club snuffle, sneeze and wheeze free:

- **Bring your own mat** – Yoga isn't relaxing if you break out in hives thanks to that cushy mat likely made of latex. That doesn't mean you can't enjoy yoga or other floor exercises. If you're allergic to latex, bring your own latex free mat. If you don't know what's causing your hives, visit an allergist.
- **Not everyone in the pool** – "Swimming is an excellent form of exercise for most people, particularly those with asthma. Sometimes, though, heavily chlorinated water can trigger symptoms from irritation - itchy red eyes or a rash - to trouble breathing," say allergists Dr. Daniel Reichmuth and Dr. Sami Nallamshetty. Your allergist can help you determine whether you should stick to swimming in fresh or salt water or opt for the treadmill.
- **Check the label before you energize** – Energy bars and protein shakes can help you make it through your workout. But if you have a nut, wheat, egg, soy or milk allergy, be sure you carefully read the ingredients first.
- **Protect yourself from the disinfectant** – Gyms often use a disinfectant spray to try to keep equipment germ-free. But many of those sprays have a strong odor and contain problematic chemicals or VOCs (volatile organic compounds). That could be why you sneeze or wheeze every time you hit the gym, so it's a good idea to use your allergy or asthma medication before you work out.
- **Make sure your skin breathes, not itches** – Many exercise clothes are made of polyester and nylon, which helps keep sweat off of your skin. But if you are sensitive to synthetic materials, these fabrics can make you itch like crazy. Check clothing labels before you purchase. Lycra (spandex) – which gives clothes that comfy stretch – is higher quality and less likely to irritate.
- **Warm up and cool down** – Exercise-induced bronchoconstriction (EIB) can cause chest tightness and trouble breathing in people who have asthma, and sometimes in others, too. If you run into breathing problems when you exercise, ease in and out of workouts and use an inhaler before exercise. Breathe through your nose rather than your mouth. And if you have a cold, take it easy as viruses can be an asthma trigger.

Not sure what's making you miserable? An allergist can help ease your suffering by identifying your allergy or asthma triggers and prescribing treatment. To learn more, visit [www.AllergyAndAsthmaRelief.org](http://www.AllergyAndAsthmaRelief.org).



Dr. Sami Nallamshetty is a graduate of Harvard Medical School in Boston where she completed a combined pediatric and adult allergy & immunology fellowship program at Brigham and Women's and Boston Children's Hospitals. She is double board certified in pediatric and adult allergy and immunology through the American Boards of Allergy and Immunology and Internal Medicine. She has been distinguished as a Fellow of the American College of Allergy, Asthma, and Immunology. Dr. Nallamshetty has published her research in top scientific journals and has been awarded several research grants. Dr. Sami Nallamshetty is currently accepting new pediatric and adult patients at both her Wesley

Chapel and Carrollwood practice locations and can be reached at **813.388.6855**. She looks forward to helping you and your family manage your allergies and improve your quality of life.



Dr. Daniel Reichmuth is a graduate of Indiana Medical School and at the University of South Florida. He completed his residency in internal medicine (and served as Chief Resident) and fellowships in both allergy and clinical immunology and clinical laboratory immunology. Dr. Reichmuth is dual board certified through the American Board of Allergy and Immunology ([www.abai.org](http://www.abai.org)) and the American Board of Internal Medicine ([www.abim.org](http://www.abim.org)). Dr. Reichmuth stays current in both of these boards (Allergy and Clinical Immunology and Internal Medicine) through Maintenance of Certification (MOC). The American Board of Allergy and Clinical Immunology is a conjoint board of The American Board of Pediatrics and the American Board of

Internal Medicine. Dr. Reichmuth has also been selected by his peers in the *Best Doctors in America*® Database on numerous occasions. He is currently accepting new pediatric and adult patients at both his Wesley Chapel and Zephyrhills practice locations. He can be reached at **813.779.8194**

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