

# Common Sense in **ALLERGY & ASTHMA**



## *A Pain in the Grass* MAY THRU EARLY JULY IS GRASS POLLEN SEASON IN SOUTH JERSEY

Many people have both indoor and outdoor allergies, but only have symptoms during outdoor allergy seasons. This is because symptoms are caused by total allergen exposure, indoors and out. You can't do much to control what nature puts in the air outdoors. But if we know your allergies, we can teach you how to reduce indoor exposure. Patients with seasonal allergy symptoms do better and need less treatment if their indoor allergies are diagnosed, and exposure is reduced. Avoidance is the best form of allergy control, but it isn't

always practical. Medications only work when you take them. Allergy shots are the only treatment that can control allergies that you can't avoid completely, for longer than the period of treatment.

AASJ offers **AllergyCHOICE**, letting you choose the care that best meets your needs. Choose **AllergyLITE** for quick and easy symptom reduction. Choose **AllergyMAX** for in depth evaluation and teaching, and outcomes matching those of the most famous allergy centers in the country.

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Pediatric Allergist*



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***If you need a referral, ask  
your doctor to refer you to AASJ***