

TAKING ACTION

Discovering,
Treating Allergies
Key to Adult Sufferers
Finding Relief

Allergies can be overwhelming, sap your energy and make your life utterly miserable. Itchy, watery eyes, headaches, constant sneezing and congestion are all hallmark signs of allergies. However, many adults endure these symptoms daily without investigating the cause or finding a long-term treatment. Such aversion to get to the root of the problem isn't a good idea. In fact, it can downright sabotage your future health, according to nurse practitioner Denton Combs of Denton Combs Center for Excellence in Care.

Allergies occur when you are exposed to something—called a trigger—that your body over-reacts to, causing an immune response. These over-reactions are meant to protect your body, but they also frequently cause mild to severe discomfort, pain and worse. Because Denton has specialized in allergy and chronic ear, nose and throat problems for the past 15 years, he has an incredible success rate in



helping his patients identify their allergies and treat them effectively through avoidance, pharmaceutical management or immunotherapy.

Denton notes, "Allergies can be treated, but not if they're not identified. Using over-the-counter medications such as Afrin® seems to take care of the problem because it does a good job of providing instant relief. However, since you're not addressing the true issue, you will never have the opportunity to treat your allergy. Once you decide to stop settling for short-term fixes and find the real culprit, we can turn the situation around for you."

And when you factor in age, time isn't on your side because allergies can actually continue to worsen until you turn 55. However, the good news is that once the allergies are identified and treated, the progression of its symptoms can be stopped and the effects greatly reversed.

*Don't suffer through another
allergy season!
Call Denton Combs today!*

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Denton says, "Treating your allergy symptoms and ignoring the cause can actually cause your immune system to become very strained and work ineffectively. If you're suffering from allergies you shouldn't wait to treat them since they can actually worsen and become more difficult to treat the older you get."

"The longer you wait to discover and treat your allergies, the more strain you put on your body. It can take just a few appointments to determine the cause of your problem and then we can move forward with a treatment plan that can literally change your life. It's amazing and very gratifying to see how my patients' lives can change after treatment."

~ Denton Combs,
Denton Combs Center for
Excellence in Care

The Denton Combs Center for Excellence in Care is just south of 57th Street and Western Avenue at 5124 S. Western Ave., Suite 4. For further information or to schedule an appointment, call 605-274-3898 or visit our website at www.allergysiouxfalls.com.

Typically referrals aren't necessary, but it's always best to check with your insurance provider before making an appointment.



**DENTON
COMBS**

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IN CARE**

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