ARE FRUITS and VEGGIES MAKING YOUR MOUTH ITCHY?

You may have oral allergy syndrome (OAS).

**TIPS & TREATMENT:**

- Avoid raw foods that cross-react with your pollen allergens.
- Take oral antihistamine medications to relieve mild symptoms.
- Bake or cook foods to degrade the protein and eliminate the cross reaction.
- Eat canned fruits or vegetables during your pollen season.
- Peel the food, as the protein is often concentrated in the skin.

Call an allergist when OAS symptoms get worse or occur when eating nuts.