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2018 Spring Allergy Capitals™ Report Ranks The Most Challenging Cities Nationwide For Allergies

WASHINGTON, D.C., April 23, 2018 – Today, the Asthma and Allergy Foundation of America (AAFA), a leading patient advocacy organization in the United States representing over 60 million Americans with asthma or allergies, released its annual Spring Allergy Capitals™ report. The report identifies the 100 most challenging places to live with spring allergies in the U.S.

McAllen, Texas, is the most challenging U.S. city to live in with spring allergies based on higher than average pollen scores, higher than average medicine usage and lower availability of board-certified allergists in the area. The top 10 cities includes:

1. McAllen, Texas
2. Louisville, Kentucky
3. Jackson, Mississippi
4. Memphis, Tennessee
5. San Antonio, Texas
6. Providence, Rhode Island
7. Dayton, Ohio
8. Syracuse, New York
9. Oklahoma City, Oklahoma
10. Knoxville, Tennessee

To view the complete list of the top 100 cities, visit AllergyCapitals.com. AAFA's Spring Allergy Capitals™ report is an independent research project of AAFA.

“Our Spring Allergy Capitals report is a valuable tool to help identify cities where seasonal allergy symptoms can create challenges,” says Kenneth Mendez, President and CEO of AAFA. “This report helps people in these areas be more aware of what may contribute to their allergy symptoms so they can work with their health care providers to get relief. With the right treatment plan, seasonal allergies can be managed for better quality of life.”

Policies that affect climate change and access to specialized health care are two areas that communities can focus on to support better allergy and asthma outcomes. Allergies are a common trigger of asthma, a potentially life-threatening condition.

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“Many don’t realize that allergies are a serious health condition,” Melanie Carver, Vice President of Community Health and Services for AAFA says. “Pollen seasons have gotten stronger and longer over the years because of climate change and this increases allergy rates and reduces quality of life for people with allergies. Until we have policies in place to improve our climate, proper care, management and support are the only ways to control allergies. AAFA provides a wealth of online support and education on allergies and asthma to make management easier no matter where you live.”

Achieve Allergy Relief No Matter Where You Live

More than 50 million Americans with seasonal nasal allergies expect – and dread – runny and congested noses, inflamed sinuses, relentless sneezing and other symptoms associated with springtime allergies. The warm weather will drive people outdoors to face one of the season's biggest problems – tree pollen – so children and adults with seasonal allergies should plan ahead.

“Follow AAFA’s Spring Allergy Capitals report to prevent a pollen knockout,” says Clifford W. Bassett, M.D., FAAAAI, FAAAAI, the Founder and Medical Director of Allergy & Asthma Care of New York and medical spokesperson for AAFA. “Fight back. The Spring Allergy Capitals Report can provide awareness and emphasize the importance of seeing an allergist this season, especially if you live in one of the high pollen zones. I have found that many of my patients who follow the annual AAFA Spring Allergy Capitals report have better awareness of those areas that are likely to be associated with seasonal pollen misery, and thus, are better able to utilize a proactive allergy action plan for optimizing their own care.”

As there is no cure for allergies at this time, proper treatment, allergen control and support are the best ways to manage seasonal allergy triggers. AAFA offers online education and support at <https://community.aafa.org>. For allergen control, the **asthma & allergy friendly**® Certification Program helps consumers identify products and services that are suitable for people with asthma and allergies.

About the Research

The Spring Allergy Capitals™ ranking is an annual research and educational project of AAFA, designed to help patients recognize, prevent and safely treat allergy symptoms. Through this ranking, AAFA raises awareness about the impact of seasonal allergies and provides helpful information designed to improve the quality of life for people who experience them. The ranking is based on local pollen levels, use of allergy medication and the number of board-certified allergists in each metro area. Visit AllergyCapitals.com to see the full list, study methodology and to learn more about allergy diagnosis, prevention and treatment.

About AAFA

Founded in 1953 and celebrating 65 years of service, AAFA is the oldest and largest non-profit patient organization dedicated to improving the quality of life for people with asthma, allergies and related conditions through research, education, advocacy and support. AAFA provides practical information and community-based services through its digital communities and national network of local chapters and educational support groups. Through its [Kids With Food Allergies division](#), AAFA offers the most extensive online support community for families raising children with food allergies. AAFA also helps consumers identify products suitable for those with asthma and allergies through the [asthma & allergy friendly](#)® Certification Program. For more information, visit aafa.org.

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