

FOR IMMEDIATE RELEASE

## **Allergy season in Vancouver has increased by as much as 203 days over last 11 years**

*Allergy sufferers in Vancouver may face longer, more severe pollen seasons*

**May 10, 2018 – Vancouver, BC** – The amount of pollen and the length of time it stays in the air has risen significantly over the last 11 years in Vancouver, resulting in longer more severe allergy seasons in the city. New data released today by London Drugs and aeroallergen monitoring firm, Aerobiology Research Laboratories, shows that for certain allergens, the season increased by as much as 203 days between 2006 and 2017.

“Anyone suffering from allergies caused by weeds, grasses, trees and bushes that release pollen may experience longer allergy flare-ups with symptoms including sneezing, nasal congestion, scratchy throat and itchy, tearing eyes,” says London Drugs Pharmacist, Gianni Del Negro.

Del Negro says that taking allergy medication proactively, before symptoms begin, is the best way to prevent them.

“Instead of allowing the body to conduct an unnecessary fight against pollen in the air, you can prevent your reactions using medications. But it's best to do so before allergens arrive because some medications take a few weeks to become fully effective.”

According to Aerobiology Research Laboratories, the lengthening pollen season is caused by rising average temperatures. The company collects pollen samples daily at collection sites across Canada and looks at the top pollens present in each city, assessing the average pollen season length.

In Vancouver, dock weed pollen season increased by 203 days between 2006 and 2017, while grass pollen and nettles pollen seasons have increased by 26.4 and 22 days respectively.

“Increases this significant can have serious negative effects on the quality of life for allergy sufferers in Vancouver during the summer months. With more time for pollen to find its way into eyes, nose and throats, symptoms are experienced for longer periods,” explains Dawn Jurgens, Director of Operations and Quality Management at Aerobiology Research Laboratories, specialists in pollen and spore identification and research in Canada.

For those experiencing allergy symptoms, Del Negro says that it is important to choose the right course of treatment, whether that's antihistamines, decongestants, sinus rinses, nasal sprays or eye drops.

“Finding the right allergy medication really depends on your symptoms, the severity of those symptoms, your past response to medications, and any other medical conditions. Pharmacists can help determine the best course of treatment to target specific allergens and manage your symptoms,” says Del Negro.

### **About Aerobiology Research Laboratories**

Aerobiology Research Laboratories monitors and analyzes outdoor allergen levels to produce pollen and spore reports and forecasts. With over 25 years of data, they currently operate over 30 monitoring stations across Canada and more around the world that gather pollen and spore samples daily using innovative aeroallergen rotation impaction samplers. Monitoring stations are strategically placed throughout Canada in highly populated areas and regions with differing biological diversity. Samples are analyzed by highly trained specialized laboratory technologists and utilized in research, publications and developing extremely accurate forecasts.

### **About London Drugs**

Founded in 1945, B.C.-based London Drugs has 81 stores in more than 35 major markets throughout British Columbia, Alberta, Saskatchewan and Manitoba including its online store [www.LondonDrugs.com](http://www.LondonDrugs.com). London Drugs offers consumers a range of products from digital cameras and cosmetics to computers and televisions. Renowned for its creative approach to retailing, the company employs more than 7,500 people with pharmacy and health care services being the heart of its business. Committed to innovation and superior customer service, London Drugs has established itself as a reputable and caring company and continues to position itself for future growth and development. Please follow us! [@LondonDrugs](https://twitter.com/LondonDrugs)

Pharmacists are available for interviews regarding allergies and to provide advice for relieving seasonal allergy symptoms. To arrange an interview, please contact:

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