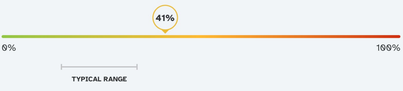
Seasonal Allergies

POWERED BY 23ANDME RESEARCH

Seasonal allergies occur when the immune system overreacts to small airborne particles, called allergens, at certain times of the year. Symptoms can include sneezing; runny, stuffy, or itchy nose; itchy, red, or watery eyes; and coughing when exposed to allergens like mold or pollens from trees, grasses, or weeds.

Jamie, your genetic result is associated with an **increased likelihood** of developing seasonal allergies.

An estimated **41%** of people with genetics and other factors like yours develop seasonal allergies **by their 40s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

This genetic result is only one part of your story

Genetic factors can help explain the likelihood of developing seasonal allergies. But this genetic result doesn't mean that you definitely will or will not experience seasonal allergies. This is because most of a person's overall likelihood of developing seasonal allergies is explained by factors not accounted for in this result, including other genetic factors and non-genetic factors like living or working in an environment with many allergens.

That's also why, **if you have already experienced** seasonal allergies, this genetic result does not change that. It is important to work with your healthcare provider and continue any management plan that is recommended.

Factors that impact overall likelihood

- Factors included in this result (certain genetic factors, birth sex, and ethnicity)
- Other factors

Ways to take action

For people with seasonal allergies, reducing exposure to allergens can help lower the chances of experiencing symptoms. Since allergens may be unavoidable, here are some ways to reduce exposure.

- Plan outdoor activities on days and times when there are fewer allergens in the air, such as in the afternoons, on non-windy days, or after rain. Weather apps and websites can often provide allergy forecasts about the amount and type of pollen in your local area.
- Close doors and windows when the level of outdoor allergens is high.
- Limit outdoor chores, or wear a mask while working outside to avoid inhaling allergens.
- Shower and change clothes after being outdoors.
- Remove allergens from inside the house as much as possible. This can include wiping down pets after being outside, cleaning with a vacuum with a HEPA filter, frequently washing bedding, and using an air purifier with a HEPA filter.

Learn more from the Mayo Clinic›

About seasonal allergies

What are seasonal allergies?

Seasonal allergies, also known as hay fever or allergic rhinitis, occur when the immune system overreacts to small airborne particles called allergens, including mold or pollens from trees, grasses, or weeds. Seasonal allergies occur at certain times of the year, which can vary depending on what a person is allergic to and where they live. For example, levels of tree and grass pollen are typically highest when these plants bloom in the spring and summer, while levels of mold spores and some weed pollens may be higher in fall. Exposure to allergens can cause symptoms such as:

- Sneezing
- Runny, stuffy, or itchy nose
- Itchy, red, or watery eyes
- Coughing

People with seasonal allergies are also more likely to develop asthma and may experience difficulty breathing or wheezing.

Living with seasonal allergies

Seasonal allergies can be frustrating and affect a person's quality of life. Symptoms may make sleep a challenge, causing daytime sleepiness and fatigue. This can impact one's physical performance and ability to think and concentrate. Fortunately, there are many treatments that can help. Together with lifestyle modifications, treatments like antihistamines, nasal sprays, nasal irrigation, and immunotherapy can effectively alleviate symptoms. If you have concerns about seasonal allergies or would like to seek treatment, talk to a healthcare professional.

Other factors that can impact your chances of developing seasonal allergies

It is estimated that around 27% of people in the U.S. are allergic to grasses, trees, and weeds, but the actual percentage of people who develop symptoms of seasonal allergies is less clear. Besides genetics, some factors that can increase a person's chances of developing seasonal allergies include:

- Family history of allergies
- Certain health conditions (including other types of allergies and eczema)
- Living or working in an environment with many allergens

Keep in mind

This report **does not diagnose** seasonal allergies. **Consult with a healthcare professional** if you are concerned about your likelihood of developing seasonal allergies, have a personal or family history of seasonal allergies, or before making any major lifestyle changes.

If you have already been diagnosed with seasonal allergies by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.

The likelihood of developing seasonal allergies also depends on **other factors**, including lifestyle and family history.

This report **does not account for every possible genetic variant** that could affect your likelihood of developing seasonal allergies.

This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

How we got your result