

AM-ALLERGIES; BGT

TOR OUT

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500 BUDGET

TORONTO (CP) - THAT OLD EASTER BUNNY CAN HERALD ALLERGIES AS WELL AS SPRING; SAY SPECIALISTS WHO HAVE TREATED PATIENTS FOR REACTIONS TO CHOCOLATES; HAM DINNERS AND EVEN THE TRADITIONAL EASTER LILY.

THIS; IN ADDITION TO SNEEZING AND ASTHMATIC ATTACKS FROM SPRING CLEANING; NEW CLOTHING AND THE SEASON'S FIRST POLLEN; SAYS DR. JERRY DOLOVICH; AN ALLERGIST AND PROFESSOR OF PEDIATRICS AT McMASTER UNIVERSITY IN HAMILTON; MAKES THE WEEK FOLLOWING EASTER ONE OF THE WORST TIME OF THE YEAR.

"THE PERSON SUFFERING FROM ASTHMA MAY FIND THAT SPRING CLEANING BRINGS ON AN ATTACK;" HE SAID. THE CULPRIT MIGHT BE THE ODOR OF CLEANING PRODUCTS; BUT "WE DON'T ALWAYS KNOW." HE SUGGESTS THAT PEOPLE WHO BENT ON SPRING CLEANING CHOOSE PRODUCTS CAREFULLY; OPTING FOR THOSE "LESS STINKY THAN OTHERS."

AS WELL; HE RECOMMENDS THAT HEAVY CLEANING BE CARRIED OUT ON A WARM DAY WHEN THE HOUSE CAN BE WELL VENTILATED.

HE ALSO ADVISES CONSUMERS TO HAVE NEW CARPETS OR FURNITURE; WHICH MAY HAVE A PETROLEUM BASE; DELIVERED IN WARMER WEATHER WHEN THERE IS MORE AIR CIRCULATING THROUGH THE HOUSE. OFTEN; THESE FURNISHINGS CAN TRIGGER AN ATTACK OF SKIN RASHES; SNEEZING AND DISCOMFORT.

WHITE AS BAD

WHILE CHOCOLATE IS A BIG OFFENDER AT EASTER; PRODUCTS LABELLED AS WHITE CHOCOLATE CAN HAVE AN EQUALLY DEVASTATING EFFECT; DOLOVICH SAID. SOME CHILDREN CONTRACT AN UPSET STOMACH WHILE OTHERS DEVELOP TEMPORARY BEHAVIOR DISORDERS.

DYES; SPICES AND FLAVORINGS IN OTHER CONFECTIONERIES CAN TRIGGER REACTION. THE ALLERGY INFORMATION ASSOCIATION SUGGESTS THAT PARENTS OF SENSITIVE YOUNGSTERS CHOOSE EASTER BASKETS WITH TOYS OR BOOKS RATHER THAN CANDIES.

ROSEMARY DUDLEY; EXECUTIVE DIRECTOR OF THE MIGRAINE FOUNDATION; SAID HER TWO BUSIEST DAYS IN THE YEAR ARE FEB. 15 (THE DAY AFTER VALENTINE'S DAY) AND EASTER MONDAY. MOST PATIENTS ARE CHILDREN AFFECTED BY CHOCOLATE AND ADULTS WITH FOOD AND SEASONAL MIGRAINES BROUGHT ON BY CHANGES IN THE BAROMETRIC PRESSURE.

DUDLEY SAID MIGRAINES CAN BE PROMPTED BY PERFUMES; ALCOHOL; CITRUS FRUIT; CHOCOLATE AND CLOTHING THAT IS TIGHT AT THE WRIST; NECK AND WAIST. SHE RECOMMENDS SHOES WITHOUT ANKLE STRAPS AND SWEATERS WITHOUT A TURTLENECK.

SUE DAGLISH OF THE ALLERGY INFORMATION BUREAU; SAID AN ALLERGIC REACTION CAN BE CAUSED BY NEW CLOTHES; PARTICULARLY FABRICS WHICH HAVE A WRINKLE-FREE FINISH. SOME MANUFACTURERS USE A FORMALDEHYDE RESIN FINISHING COMPOUND TO ENSURE A FABRIC WONS'T WRINKLE; SHE SAID; AND RESIDUES; WHICH CAN AFFECT THE ALLERGY-PRONE; ARE NOT ALWAYS WASHED OUT.

THE EASTER LILY CAN ALSO MEAN TEARS AND SNEEZING FOR PEOPLE SUSCEPTIBLE TO THE FLOWER'S HEAVY SCENT; AND WHILE MANY CANADIANS FEAST ON HAM TO CELEBRATE; DUDLEY CHOOSES LAMB AS HER HOLIDAY FARE.

HAM CAN BRING ON A SERIOUS MIGRAINE ATTACK; THE RESULT; SOME RESEARCH SAYS; OF NITRITES USED IN THE CURING PROCESS. SHE HAS FOUND SETTING A SLICE OF HAM IN THE OPEN AIR FOR HALF AN HOUR DEPLETES THE NITRITES TO SOME DEGREE.

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