

The magic 13:

Frequent allergens in Europe

The allergic rhinitis very often is induced by different pollen. In Europe there are 13 magic plants which very often cause an allergic rhinitis:

Mugwort

The mugwort pollen is a very potent allergen. The pollen loading is highest at the end of July in Eastern Europe. In whole Ventral Europe the pollen season of mugwort is a little bit later, in August. Season ends in September.

Birch

The birch pollen is one of the most potent allergen. They spread in March in the Mediterranean region. Afterwards, at the end of April and in the beginning of May, the pollen is found throughout Europe. The pollination is dependent on the weather. The season lasts up to July.

Chestnut

The chestnut originates from western Asia. The plant requires only a few nutrients and lime. Chestnut grows in regions where the summers are warm and humid and the winters are mild. The pollen loading starts in Italy in June and spreads in Western Europe (The Netherlands, Belgium, Luxembourg, France, Spain, Austria and Switzerland).

Oak

The pollen of the oak at first charges the noses of the Spanish people in March. Afterwards, the pollen fly all over France and

reach Central Europe with the beginning of May. In May pollen loading is at its peak. French people are mostly affected throughout the year. Season ends at the beginning of July.

Alder

The alder pollen is the first allergen of the year. In January the pollen is to be measured in northern France. The main loading is in February and March. The pollen of alder is still measured in May.

Ash

The ash releases its pollen as soon as January, too. The pollen loading is highest in France and Spain. The pollination mainly occurs in March and April in Central Europe.

Grasses

Pollen of grasses are nearly observed the whole year. In February the season begins in Spain. Then the pollen is to be measured in the Mediterranean region. In May all European countries are concerned, except Scandinavia. In the Scandinavian countries the pollen loading starts in June and is highest in July. In August the pollination slowly stops. From September to January the trouble is less.

Hazel

The hazel pollen is the second allergen of the year. In January the season begins in France and spreads in Central and Eastern Europe. The main suffering is to be expected in February and March.

Nettle and Pellitory

The pollen of nettle and pellitory is observed the whole year. In January the pollen first is measured in the south of Spain. In the Mediterranean region allergic people suffer until April. With the beginning of May the nettle and pellitory pollen is a burden for all European Citizens. The main pollination is observed in July and August. Since October the nettle pollen is back in the Mediterranean region.

Plane

Plane pollen is a specific allergen in Spain. At the end of February the pollen is measurable. The main season is in March. Starting in April the other Europeans suffer from plane pollen. Season ends in May.

Ragweed

Ragweed is the name of the American and Canadian ambrosia which has entered Europe by plane and by ships. The allergic potency is high. More and more people are concerned. The pollen is very aggressive. The season begins very late, in August. The time course is similar to the mugwort time schedule.

Yew

Yew is a burden throughout the year. The pollen is mostly to be measured in February and March in all European countries. In January first pollens are observed in western and eastern Europe. In June and July the Scandinavian countries are concerned. In October yew pollen teases the noses of French and Spanish allergists.

Olive tree

The pollen of the olive tree is a problem of people living in the Mediterranean region and Eastern Europe. The pollination is measured in May and June.