



## HEALTH & BEAUTY

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By Pam Froman

# DR. MARC KERNER STOPS SUPERBLOOM ALLERGIES

It's allergy season and this year will be particularly intense because of the "superbloom." What makes a bloom "super"? "It happens when all the weather conditions are just right, and that means substantial rainfall in late fall and early winter, cool daytime temperatures, and cold nights," says California nature guide author Ann Marie Brown. The 2019 spring wildflower bloom will have even more blooms and last longer than ever. That means sneezing and sinus issues! This year may be one of the worst years ever for allergy sufferers.

Are you stuck constantly taking medications such as nasal sprays, decongestants, steroid sprays, antihistamines, and other treatments with little or no relief? Come visit Dr. Marc Kerner – a sinus surgeon based in Northridge.

"As great as it's been that we've had so much rain we're seeing a ton of allergies now," says Dr. Kerner. "With the pollen counts and the trees and all the bloom, the allergy problems are just going way up."

Allergy symptoms include itchy eyes, runny nose, post nasal drip and all the systemic symptoms where you may feel fatigued or have a low-grade headache. When it affects the sinuses you'll end up with persistent nasal congestion where you are unable to breathe through your nose.

For over the counter medicines Dr. Kerner recommends nasal irrigation sprays – saline. This homeopathic regimen often works very well and is gentle enough to be used every day. "People get a lot of relief from that," says Dr. Kerner.



Dr. Marc Kerner

However, sometimes these over the counter treatments just aren't enough.

A physical examination at Dr. Kerner's practice can determine what your sinus issues are and whether it's a simple allergy issue or has progressed into a sinus infection.

The office does both skin and blood testing to determine what allergens are affecting you. If it's a true chronic sinus infection that is a recurrent problem, Dr. Kerner starts with antibiotics to try and treat the issue and submits a cat-scan to see what kind of infection you are dealing with.

Antibiotics may not solve the problem, but Dr. Kerner offers an innovative solution. It's a state-of-the-art treatment that produces highly effective, lasting results called balloon sinuplasty.

What is balloon sinuplasty? Dr. Kerner developed this in-office technology to relieve sinus and allergy sufferers. With sinus issues, nasal cavities can become swollen and inflamed. The soft tissue becomes blocked and can't heal itself.

Balloon sinuplasty works to enlarge the opening of the sinus

cavities and maintain them that way so when you get a cold or you have an allergic flareup the swelling doesn't cause complete blockage and you then won't get an infection. The balloon technology allows the tissue to dilate with the balloon similar to what cardiologists do with unblocking narrow arteries. The plan behind balloon sinuplasty is that it's a minimally invasive technology.

"It's one of the newer techniques that have been developed," says Dr. Kerner. "It's very effective for people who have moderate allergies who have recurrent sinus infections but don't need full-blown surgery."

Dr. Kerner's practice is located at 18350 Roscoe Boulevard Suite 318, in Northridge. Call for an appointment at (818) 349-0600 or for more information log onto [www.calwestent.com](http://www.calwestent.com)

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