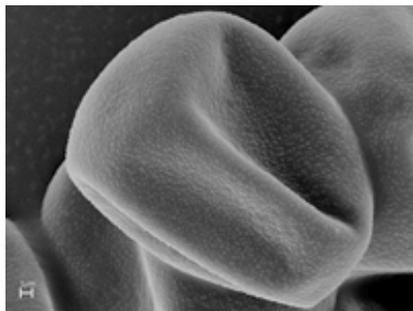
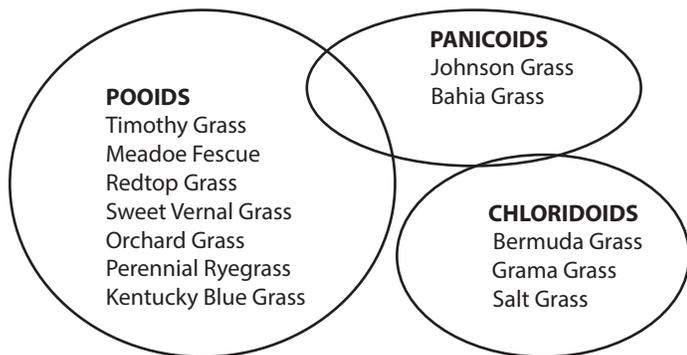


The Pollen

Issue N°5 - The Grass Issue



Timothy Grass Pollen



Timothy Grass



Johnson Grass



Bermuda Grass

¡Muchas Gracias! (sniffle) ...for tuning into another issue of The Pollen. Soon it will be that time of year again, the dreaded Grass Season. Let's look a little deeper into the grasses that wreak such havoc on us!

There are more than 10,000 different types of grasses worldwide, yet 95% of the major allergic grasses fall into just three different subfamilies. To the left are a few of the major allergenic grasses.¹

The individual grasses within each bubble are highly cross-reactive with one another, and while the Poooid and Chloridooid subfamilies are slightly cross-reactive with the Panicoids, they are not cross-reactive with one another. This is why most allergists only test for three types of grasses, as they are enough to protect you from all of the main grass allergens.²

Why: The collection of grass pollen cause a variety of symptoms, commonly referred to as Hay Fever, and as anyone who suffers from this can tell you, it is not a fun time of year.

Where: The main grasses that we test for, Timothy, Johnson, and Bermuda, are found almost nationwide. Timothy and Johnson grasses are commonly found in pastures as hay or fodder for farm animals and Bermuda is commonly found as a turf grass in southern states and on golf courses.

When: Grasses tend to pollinate from late spring to the early summer. Grasses release their pollen in the morning, which tend to be in the millions of grains of pollen per day.

Pollen: While grass pollen ranges from 20-100µm in size, the allergenic pollens tend to be 50µm or less.¹ The smaller the grain, the farther the pollen can travel on the air and faster they are able to enter one's nasal mucosa and cause the onset of symptoms.

1. Middleton's Allergy. Seventh Edition. 2009.
2. Esch RE. Grass Pollen Allergens. Allergens and Allergen Immunotherapy, Fourth Edition. 2008. 107-126.
3. <http://www.canadaplants.ca/display.php?id=2351>
4. http://www.ehow.com/how_8197952_plant-timothy-grass.html
5. <http://www.weeds.slco.org/images/idLarge/johnsonGrass01.jpg>
6. http://aldrigelawn.com/?page_id=604