

Dr. Al Lergist



Dr. Al Lergist helps children and grown-ups who have asthma and allergies feel better. Dr. Al, as his friends call him, has had special training to learn as much as possible about treating allergies and asthma.

In this picture, he has a **peak flow meter** strapped to his arm and several **inhalers** attached to his belt. People with asthma should use a peak flow meter often to measure how easy it is for them to breathe in and out. They should also follow their doctor's advice and use their inhalers -- sprayers that deliver important medicines to their lungs -- as the doctor suggests. Your doctor can show you and your parents how to use these asthma medicines.

Annie Histamine



Annie Histamine is one of Dr. Al's helpers. Although she looks mild, Annie is a real dynamo when it comes to fighting "histamine."

Some people's bodies make histamine when they come in contact with certain things like dog or cat hair or pollen. You can't see histamine, but you can feel its effect if you have allergies. You might get sneezy or wheezy, or get very itchy eyes or skin. Your doctor might tell your Mom or Dad to give you an **antihistamine** if you have allergies.

Antihistamines fight histamine to make you feel better.

