

Mayo Clinic Medical Edge

Allergic to the Cold

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IT'S NOT THAT MELISSA KERLIN HATES WINTER. BUT SOME PEOPLE DON'T UNDERSTAND THE REASON FOR HER AVERSION.
Melissa Kerlin Allergic to the cold	"THEY'D BE LIKE, YOU'RE ALLERGIC TO WHAT?"
	THAT'S RIGHT. MELISSA IS ALLERGIC TO THE COLD. IT'S CALLED COLD URTICARIA. AND IT'S NOT JUST WEATHER THAT CAUSES PROBLEMS FOR MELISSA. SHE CAN'T EAT ICE CREAM OR DRINK COLD LIQUIDS OR SWIM IN COOL WATER. DR. JAMES LI IS AN ASTHMA AND ALLERGY SPECIALIST

	AT MAYO CLINIC.
James Li, M.D., Ph.D. Mayo Clinic Asthma and Allergy	“WITH EXTREME COLD EXPOSURE OR TOTAL BODY EXPOSURE THERE CAN BE A MASSIVE RELEASE OF HISTAMINE AND SIGNIFICANT BODY SWELLING, EVEN A DROP IN BLOOD PRESSURE AND THIS COULD BE A LIFE-THREATENING SITUATION.”
	SO HOW DO YOU KNOW IF YOU'RE ALLERGIC TO THE COLD? TAKE THE ICE CUBE TEST. THE ICE CUBE TEST INVOLVES PUTTING AN ICE PACK ON YOUR FOREARM TO SEE IF THERE'S A REACTION. MELISSA'S TESTED POSITIVE. AND NOW SHE ENJOYS THE WINTER WEATHER FROM THE INSIDE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.
