



# Top NYC ENT Doctor Discusses Top Triggers For Winter Allergies

*Dr. Monica Tadros, Releases Infographic Covering Winter Allergy Triggers*

NEW YORK, NEW YORK, USA, February 26, 2017 /EINPresswire.com/ -- During the winter, people often notice that their allergy symptoms are more active. Dr. Monica Tadros, [Park Ave. ENT](#), reports that spending more time indoors during the cold winter months may be the culprit. This is especially difficult for those who are allergic to mold and dust mites. Further, being indoors sends dust, mold and insect parts into the air which may trigger an allergic reaction.

Dr. Tadros Released an Infographic on what triggers winter allergies.

To view Infographic, click here: [Winter Allergy Infographic](#)

Some common indoor allergy triggers are:

- Pet Dander
- Mold and Mildew
- Temperate Climates
- Damp Wood

Symptoms:

Here are the common allergy symptoms caused by dust, pollen, or mold during the winter:

- Coughing
- Itchy eyes and nose
- Runny nose
- Sneezing
- Watery eyes

Allergy Treatment Consultation

To diagnose and treat your winter allergy problems in NYC or Bergen County NJ. Contact Dr. Tadros via her website: <http://DrMonicaTadros.com> or call: (646) 385-3660 to speak to a Patient Advocate.

About Dr. Monica Tadros:

Dr. Monica Tadros is a distinguished Facial Plastic Surgeon & Reconstructive Surgeon and Educator. She has offices located on Park Avenue in Manhattan and in Bergen County, New Jersey.

Dr. Tadros specializes in rhinoplasty, sinus surgery, sleep apnea and facial plastic surgery in NJ and NYC. She is one of a small number of surgeons to attain dual board certification in Otolaryngology-Head & Neck Surgery and Facial Plastic & Reconstructive Surgery and has combined the two specialties in her unique practice of aesthetic medicine. She was appointed the Director of Facial Plastic & Reconstructive Surgery and Asst. Professor of Otolaryngology-Head & Neck Surgery at the prestigious Columbia University. Learn more about her by visiting her website at

[www.DrMonicaTadros.com](http://www.DrMonicaTadros.com)

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