



Bracing for Allergy Season?

Why the PNW Makes Allergies Worse

The Pacific Northwest offers some of the country's most beautiful springs. Cherry blossoms, hiking trails coming alive, farmers markets reopening, and outdoor festivals returning. Yet for millions of residents, spring means retreating indoors, closing windows, and missing out on the season everyone else celebrates.

What Seamless Allergy Management Looks Like:

- ✓ Waking up without immediately reaching for medication
- ✓ Making plans without checking pollen counts first
- ✓ Enjoying your yard, not avoiding it
- ✓ Focusing on your day, not your symptoms



Before peak allergy season arrives, let's work together to ensure you have a comprehensive plan in place. Schedule an Annual Wellness Visit today!

Source: <https://doh.wa.gov/community-and-environment/climate-and-health/pollen>



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Dehanna Gascon,
FNP-C

 2011 Fourth Street

Quick Facts

- Completed Master of Science in Nursing from Chamberlain University with over 30 years of clinical experience
- Passionate about compassionate, patient-centered care across ICU, family practice, home health, and hospice settings
- Enjoys outdoor activities and community service through nonprofit work



Jamie R. Dickenson,
LCSW

 2011 Fourth Street

Quick Facts

- Licensed Clinical Social Worker with master's degree from Boise State University and nearly 20 years of experience
- Passionate about integrated primary care behavioral health with a down-to-earth, patient-centered approach
- Enjoys attending sporting events, exploring the mountains, and spending time with her husband and four children



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