

ALLERGY SEASON HAS ARRIVED IN TEXAS

ALAN GOLDSOBEL, MD, ALLERGIST FROM TIVIC HEALTH ON HOW TO MANAGE YOUR TEXAS ALLERGIES

San Francisco, March 4, 2020 – Spring is here and so are the tree and grass pollens that signal the start of allergy season. Major cities in Texas such as [McAllen](#), [El Paso](#), [San Antonio](#), and metropolitan areas like Dallas and Austin are among the top U.S. cities with the [highest pollen counts](#), making these regions particularly challenging for allergy sufferers.

According to the Asthma and Allergy Foundation of America (AAFA) most seasonal spring allergies – known as hay fever or seasonal rhinitis - are caused by tree pollen as the trees bud and grow new leaves. Some of the most common Texas trees producing [allergy-aggravating pollen](#) are cedar, birch, poplar, willow, aspen, and beech.

“Where you live can impact the start and end of allergy season, and the severity of your symptoms,” said [Dr. Alan Goldsobel](#), allergy and immunology specialist based in San Jose, California and Advisory Board Member for Tivic Health Systems. “Common symptoms include itchy, watery eyes, sneezing, scratchy throat, dark circles under the eyes and nasal and sinus congestion. Less common symptoms can come from [sinus pressure caused by hay fever](#), including facial pain, sinus headache, earache, or loss of smell. Many patients rely on prescription and over the counter allergy medicine but there are other drug-free solutions such as the game-changing [ClearUP® Sinus Pain Relief](#), a small handheld device that uses microcurrent waveform to treat and relieve sinus pain.”

About ClearUP Sinus Pain Relief

Clinically proven and FDA cleared, ClearUP is a small handheld device that is drug-free, has no chemical side effects and is available over-the-counter without a prescription to help 50+ million [allergy sufferers](#) in the U.S. manage their sinus pain from allergic rhinitis.

To use, glide ClearUP along the outside of your cheek, nasal bone and around the brow bone for a quick five-minute treatment. ClearUP guides the user to the most optimal treatment points with a vibration system. As ClearUP vibrates, it delivers a proprietary microcurrent waveform, or low-level electrical stimulation, to the sinus nerve fibers under the skin of the face. It’s easy to use with a one-button control and three

levels of customization. A single treatment takes only five minutes and when used twice a day for four weeks, clinical studies showed that sinus pain was reduced by 44 percent. ClearUP can be purchased at Amazon, BestBuy.com, select Best Buy retail stores, select CVS stores in the northeast, Walgreens.com and select Walgreens stores including El Paso, San Antonio, Amarillo and <https://tivichealth.com> MSRP \$149.

About Tivic Health Systems Inc.

Tivic Health is a bioelectronic device company dedicated to developing microcurrent therapy solutions to treat chronic diseases and conditions. ClearUP has received awards from: [Last Gadget Standing at CES 2020](#), [Digital Trends Best Health Gadgets CES 2020](#), [TIME's 2019 Best Inventions](#) and [CES 2020 Innovation Honoree Award](#). Founded in 2016, Tivic Health is part of a \$6.2B global bioelectronics industry and is dedicated to harnessing the power of neuromodulation for home use products and empowering people to improve their health and quality of life. @TivicHealth www.facebook.com/TivicHealth

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