

All About Allergic Rhinitis

Because once Spring has sprung, it's begun!

What is Allergic Rhinitis?

You probably know it as **HAY FEVER**

Affects 40 to 60 million Americans (Around 1/6)



Two different forms:

- Seasonal
- Perennial

Symptoms include:

- Itchy eyes
- Runny nose
- Sneezing
- Stuffiness

What Causes Allergic Rhinitis

SEASONAL: Caused by pollens in the air. Usually shows up at spring and subsides by late Autumn. Warm, dry air (especially wind) carries pollens that are breathed in and trigger symptoms



PERENNIAL: Caused by dust mites, pet dander, bugs or mold that stays in your home's air or on sleeping surfaces.



When your body senses any of these allergy triggers (or allergens), it releases chemicals that cause some unpleasant symptoms.

Why Is It So Bad?



Uncomfortable allergy symptoms are never fun, but hay fever can cause other negative effects like:

- Less focus or an inability to concentrate
- Fatigue from losing sleep
- Irritability
- Decreased hand-eye coordination
- Impaired decision-making
- Missed days of work or school

How to Treat Allergic Rhinitis

SEASONAL

- 1 Diagnose your allergy by getting allergy tested
- 2 Stay indoors on days with a high pollen count
- 3 Close windows during dry, windy days
- 4 Consider investing in an air purifier
- 5 Wear a pollen mask for outdoor activities/chores
- 6 Avoid window fans that can bring pollens into your home

PERENNIAL

- 1 Diagnose your allergy by getting allergy tested
- 2 Use "mite proof" covers and bedding
- 3 Reduce mold by limiting humidity in your household
- 4 Clean frequently
- 5 Wash pillowcases and sheets every week
- 6 Wash your hands after contact with pets



In both cases, don't rub your eyes or your nose. This can make your symptoms worse

What Can an Allergist Do?

An allergy specialist can recommend medicines that will help reduce or eliminate the symptoms of allergic rhinitis.

He or she may prescribe:

- **ANTI-HISTAMINES:** Block the specific response to the allergen
- **DECONGESTANTS:** Reduce stuffiness
- **CORTICOSTEROIDS:** Reduce swelling in the nasal cavity
- **LEUKOTRIENE INHIBITORS:** Function like antihistamines blocking allergic responders

If medications fail or don't deliver optimal results, your allergy specialist may also recommend:

- **IMMUNOTHERAPY**
- **ALLERGY SHOTS**



These treatments may be especially beneficial for those who have pets, asthma or recurrent sinus infections. Allergy shots are also proven to reduce the risk of asthma in children!

If you think you may have Allergic Rhinitis, don't suffer through another stuffy night.

Contact Us Today! (920) 779-1038



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