

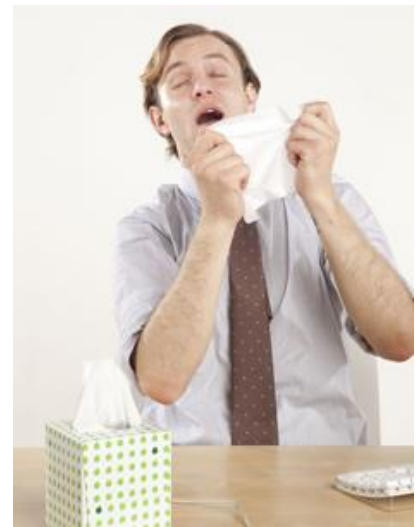
ALLERGIC RHINITIS (ALLERGIES OR HAY FEVER)

INTRODUCTION

Do you experience runny nose, sneezing and nasal congestion in the same season year after year? Do you seem to get "colds" often? If so, you may be suffering from a common condition known as hay fever, or allergic rhinitis. Understanding the causes, symptoms and treatments can help make your symptoms more bearable.

CAUSES

Allergic rhinitis is a condition where the body reacts to the environment hyperactively. Even normal substances in the environment can become symptom-producing in certain individuals. Hay and weeds are common culprits. Pollen from grasses and trees, molds, dust mites, and animal dander can also cause symptoms. The various pollens produce seasonal symptoms. Molds, dust mites and animal dander may result in perennial, or year-round, symptoms. Since pollen and mold counts can vary widely, many resources are available to determine which allergens are found in your region. They also describe when they tend to be highest in quantity (www.pollen.com). Regardless of the allergen, the result of exposure is the same. Histamine and other inflammatory chemicals are released in the body. This causes the symptoms of allergies.



SYMPTOMS

Nasal symptoms such as runny nose, sneezing, and congestion are the most common. Other areas of the body can also be affected by allergies. Itching and watering of the eyes with redness, headache, intermittent ear plugging, sore throat, chronic cough, hoarseness, wheezing, and fatigue can also be experienced. Chronic sinus and ear infections, and even asthma may accompany allergic rhinitis.

DIAGNOSIS

Your doctor may recommend evaluation to determine if you have reactions to particular allergens. Two types of tests are commonly performed: skin testing or a blood test (in vitro test). During skin testing a small amount of allergen is pricked or injected into the skin. It is then checked for a reaction after waiting several minutes. You may develop a bump and redness at the site of testing if you are allergic. In in vitro testing a sample of your blood is drawn and sent to the lab. In this test, levels of an antibody to specific allergens are measured. They may be elevated if you are allergic.

TREATMENT

There are several ways to manage the symptoms of allergic rhinitis:

- Avoidance/Environmental Control Measures
- Medications
- Immunotherapy

AVOIDANCE/ENVIRONMENTAL CONTROL MEASURES

Environmental control measures can lower allergen levels. Whether they can significantly improve symptoms has not been consistently shown. The strategies below may be helpful for some patients who have significant allergies.

For pollen

- Stay indoors when pollen emission is high (early morning hours, windy days).
- Keep windows closed and use air conditioning if possible.
- Use HEPA air filters/vacuum cleaners.
- Wear a dust mask if working outdoors, change clothing and shower once indoors.

For mold

- Address areas of water damage in the home by repairing leaks and cleaning damp areas.
- Avoid having indoor plants, which can harbor mold in the soil.
- Discard any moldy food.
- Keep humidity low (<50%).

For dust mites

- Wash bed sheets at least weekly in hot water > 140 degrees F.
- Cover pillows, mattress and box springs with hypoallergenic dust mite barriers.
- Keep humidity low (<50%).
- Remove dust catchers (i.e., drapes, excess pillows, etc.)
- Use HEPA air filters/vacuum cleaners.

For animal dander

- Keep pets out of the bedroom.
- Wash hands after handling.
- Use HEPA air filters/vacuum cleaners.

For cockroach

- Dispose of food debris.
- Consider consulting an exterminator.
- Caulk cracks and crevices in house.

MEDICATIONS

In addition to avoidance, a wide array of safe and effective medications can be used to control symptoms. If over-the-counter medications are not effective, your doctor may recommend prescription medications. The mainstays of allergy medication therapy are nasal steroid sprays and oral/nasal antihistamines. New evidence shows that a combination of topical medications may provide increased efficacy. Nasal steroid sprays work by decreasing inflammation in the nose. The effect is not apparent immediately. It may take several days to weeks before you notice improvement. Other medications include leukotriene inhibitors and anticholinergic nasal sprays. Nasal saline irrigations can be helpful to maintain the health of your nose by improving clearance of mucous and allergens. Your doctor will seek to tailor your medical therapy to your specific symptoms.



IMMUNOTHERAPY

Allergy shots, or immunotherapy, is a potential cure for allergic rhinitis. It can be useful in controlling allergy symptoms when avoidance measures and medications are unsuccessful. Immunotherapy is prophylactic and therapeutic, and may decrease the need for allergy medications. A method of immunotherapy which is gaining increased interest is called sublingual immunotherapy (SLIT). In SLIT, drops or a tablet containing the allergen(s) are placed under the tongue. Several SLIT tablets have been approved for the treatment of grass, ragweed, and dust mite allergy in the United States. Consultation with an otolaryngic allergist will determine if you are a candidate for immunotherapy.