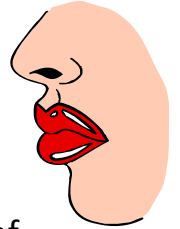


# Allergic Rhinitis

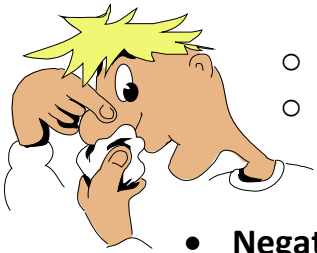
## What are they?

- **Allergic Reactions**- categorized by what causes them, part of the body most affected, other features
- **Allergy to Airborne Particles**- pollens, grasses, animal danders, dusts, molds



## What does it cause?

- **Symptoms**- itching; itchy, runny, stuffy nose; irritated eyes; nose, roof of the mouth, back of the throat; watery eyes, sneezing, clear watery discharge from the nose; headaches, coughing, wheezing; irritable, depressed, loss of appetite, trouble sleeping, whites of the eyes and inner eyelids become inflamed (conjunctivitis); inside the nose becomes bluish-red and swollen, runny nose and stuffiness; may be year round or seasonal
  - **Year Round**- unpredictable throughout the year, symptoms vary in severity
  - Symptoms- reoccurring sinus infections (sinusitis), growths in the nose (nasal polyps)
  - **Seasonal**- hay fever, pollens, mold spores
  - **Hay Fever**- usually is in the summer from trees (alder, birch, elm, juniper, olive, maple); grasses- bluegrasses, orchard grass, redtop, redtop; late summer- ragweed;
- **Negative Skin Tests**- large number of eosinophils (type of red blood cell) in the nasal secretion
  - **Severe Reaction**- aspirin, nonsteroidal antiinflammatory drugs (often to be avoided)
  - **Vasomotor Rhinitis**- not caused by allergy



## What can I do?

- **See a Health Care Provider**- antihistamines are the usual treatment or a decongestant (avoid if High Blood Pressure), nasal drops, nasal sprays, corticosteroid sprays or oral/by mouth (DO NOT USE MORE THAN 5 DAYS) (usually for less than 10 days)
  - **Treatment**- begin several months before the pollen season, sometimes surgery may be needed to treat a sinus infection or remove nasal polyps