



## Allergic Rhinitis

Allergic rhinitis (hay fever) is an allergic reaction to tiny particles in the air called allergens. When you breathe in allergens through your nose or mouth, your body reacts and it causes several symptoms.

### Causes:

Allergic rhinitis occurs when your body's immune system reacts to an irritant in the air. The irritants (allergens) are so tiny that you can easily inhale them through your nose or mouth.

- Genetic factor: If a close family member has hay fever or another allergy, the risk is higher.
- Pollens are the key trigger of allergic rhinitis. The amount of pollen in the air can affect whether hay fever symptoms develop or not. Hot, dry, windy days are more likely to have





a lot of pollen in the air. On cool, damp, rainy days, most pollen is washed to the ground.

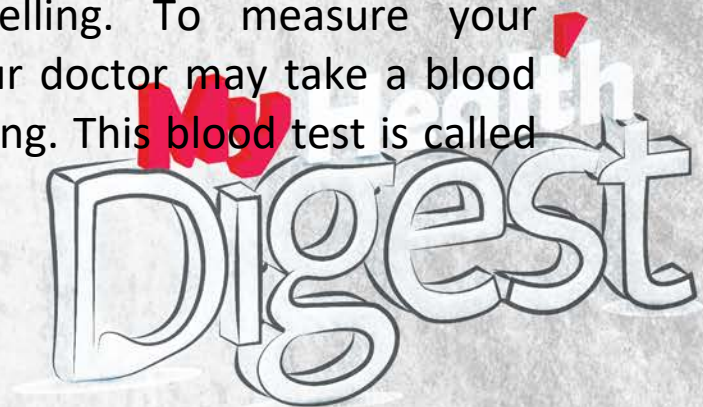
- Other allergens such as animal dander, dust, mold, some types of smoke and odor.

## **Symptoms:**

- Nasal congestion, sneezing and runny nose.
- Itchy nose, throat and eyes.
- Headaches, sinus pain.
- Increased mucus in the nose and throat.
- Fatigue and malaise (general feeling of discomfort).
- Wheezing, coughing and trouble breathing.

## **Diagnosis:**

The doctor will examine the symptoms and ask about personal and family medical history. Then the doctor may need to test sinuses for inflammation or swelling. To measure your antibodies to specific allergens, your doctor may take a blood sample and send it to a lab for testing. This blood test is called





an immunoglobulin E (IgE) test. It can detect all types of allergies, including food allergies.

## **Treatment:**

Treatment may not solve the problem, but it can make reduce the impact of the symptoms like:

- Antihistamines (pills, sprays or drops).
- Corticosteroid spray.
- Decongestants (pills or drops)

