

Allergic Rhinitis

What is Allergic Rhinitis?

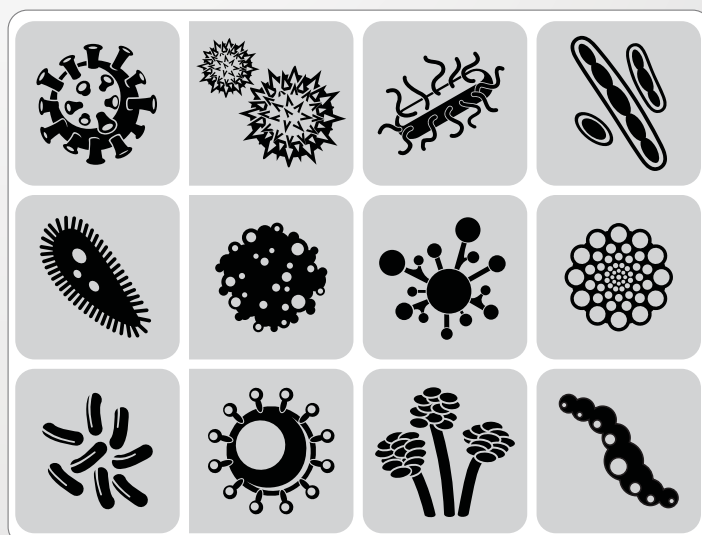
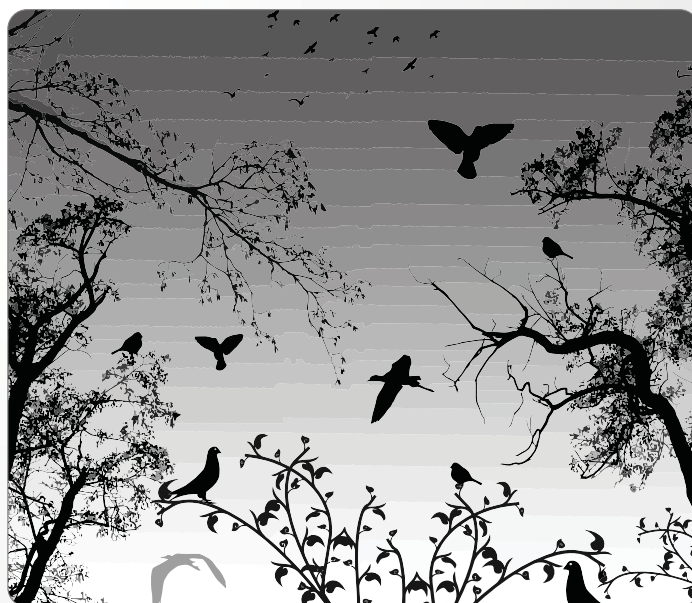
Allergic rhinitis is irritation or inflammation of the nose when allergic substances such as dust or pollen enter the nose through the air we breathe.¹



- *Perennial*, which occurs throughout the year. This is caused by an allergy to substances such as dust mite, mold or cockroach debris.¹

Allergic rhinitis may be:

- *Seasonal*, which occurs only during specific seasons during the year. This is usually caused by an allergic reaction to pollen from trees and grass.¹



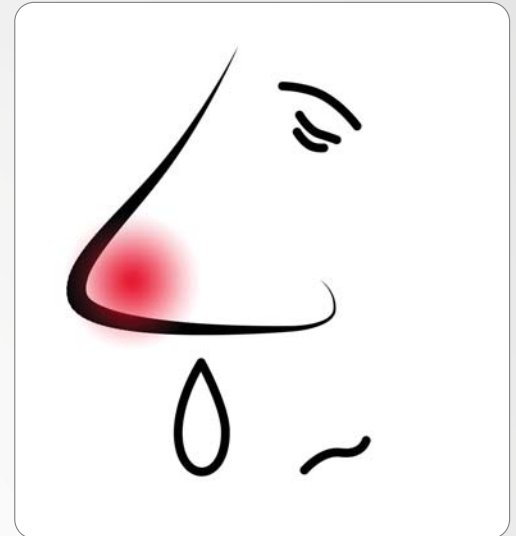
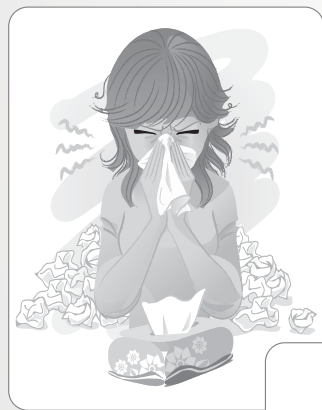
What Causes Allergic Rhinitis?

Allergic rhinitis is caused by irritants or substances that result in allergic reaction. These include dust mite, mold, cockroach debris and pollen. When the body encounters these substances, it releases certain chemicals, which lead to the symptoms of allergic rhinitis.¹

Symptoms of Allergic Rhinitis

Symptoms of allergic rhinitis are as follows:²

- Sneezing
- Runny nose
- Stuffy nose
- Itchy nose, throat or eyes
- Watery eyes



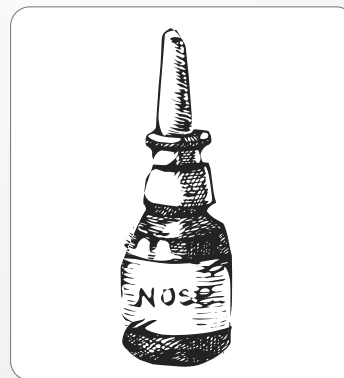
How is Allergic Rhinitis Treated?

Your doctor will help identify the substances you are allergic to by doing skin and blood tests. Steps should then be taken to avoid those substances that trigger your symptoms.²

Your doctor may prescribe the following medications to reduce the symptoms of allergic rhinitis:²

- Nasal sprays
- Antihistamine pills

For seasonal allergic rhinitis, medicines work best if taken before the start of the allergic season.²



References

1. Asthma and Allergic Foundation of America. Available at: <http://www.aafa.org/display.cfm?id=8&sub=16&cont=66>. Accessed on: 30 May 2013.
2. American academy of Allergy, Asthma and Immunology. Available at: <http://www.aaaai.org/conditions-and-treatments/allergies/rhinitis.aspx>. Accessed on: 30 May 2013.