

AR Treatment Guidelines^{1,2}

Allergic rhinitis is characterized by 2 or more of the following symptoms: nasal congestion, rhinorrhea, sneezing, and itching of the nose, eyes, and throat.

Treating these symptoms depends on the severity of these symptoms, the length of time the patient is suffering from symptoms, and how much the symptoms affect the patient's quality of life.

Mild Intermittent Allergic Rhinitis	Moderate to Severe Intermittent Allergic Rhinitis	Mild Persistent Allergic Rhinitis	Moderate to Severe Persistent Allergic Rhinitis
Length of time	Length of time	Length of time	Length of time
Symptoms are present fewer than 4 days a week OR for fewer than 4 weeks a year	Symptoms are present fewer than 4 days a week OR for fewer than 4 weeks a year	Symptoms are present more than 4 days a week AND for more than 4 weeks a year	Symptoms are present more than 4 days a week AND for more than 4 weeks a year
Symptom Severity	Symptom Severity	Symptom Severity	Symptom Severity
<ul style="list-style-type: none"> • Ranges from none to mild (easily tolerable) • Does not impair or interfere with any of the following: <ul style="list-style-type: none"> —Sleep —Daily activities, sports, and leisure —School or work <p>Consider Antihistamine Treatment</p>	<ul style="list-style-type: none"> • Ranges from moderate (symptoms are hard to tolerate) to severe (quality of life is terribly affected) • Impairs or interferes with one or more of the following: <ul style="list-style-type: none"> —Sleep —Daily activities, sports, and leisure —School or work <p>Consider Intranasal Steroid Treatment</p>	<ul style="list-style-type: none"> • Ranges from none to mild (easily tolerable) • Does not impair or interfere with any of the following: <ul style="list-style-type: none"> —Sleep —Daily activities, sports, and leisure —School or work <p>Consider Antihistamine OR Intranasal Steroid Treatment</p>	<ul style="list-style-type: none"> • Ranges from moderate (symptoms are hard to tolerate) to severe (quality of life is terribly affected) • Impairs or interferes with one or more of the following: <ul style="list-style-type: none"> —Sleep —Daily activities, sports, and leisure —School or work <p>Consider Intranasal Steroid Treatment</p>

According to the latest medical guidelines, INs are the most effective class for controlling nasal allergy symptoms.¹

References: 1. Wallace DV, Dykewicz MS, Bernstein DI, et al; Joint Task Force on Practice; American Academy of Allergy, Asthma & Immunology; American College of Allergy, Asthma and Immunology; Joint Council of Allergy, Asthma and Immunology. The diagnosis and management of rhinitis: an updated practice parameter. *J Allergy Clin Immunol*. 2008;122(suppl 2):S1-S84. 2. Luskin AT, Scherger JE, Pollart SM. Beyond the nose: the systemic inflammatory effects of allergic rhinitis. *Hospital Phys*. 2004(Feb);13-22.