



PATIENT INFORMATION BROCHURE

ALLERGIC RHINITIS / HAYFEVER

- Allergic Rhinitis is a chronic inflammatory disorder of the nose.
- It is caused by exposure to allergy triggers.
- Hay fever may run in families.
- Symptoms may be nasal or non-nasal.
- Many rhinitis sufferers have a poor quality of life, but do not seek help as they have just got used to their symptoms.

Nasal

- Itchy nose
- Blocked nose
- Runny nose
- Post nasal drip
- Sneezing

Non-Nasal

- Itchy eyes
- Itchy ears
- Itchy palate
- Red eyes

OTHER SYMPTOMS

- Loss of smell
- Sore throat
- Cough
- Irritability
- Poor sleep
- Headaches

TRIGGERS (Allergens)

These are substances to which you are allergic. You make IgE antibodies which can be tested for. Your symptoms may be influenced by your specific allergy triggers.

Common triggers include:

- Pollen (grass/weeds/trees)
- Cat
- Dog
- House dust mite
- Moulds

Pollen Allergy

- Sneezing
- Itchy, runny nose
- Eye symptoms

Pollen Allergy is often worse during spring, especially when outdoors or when the wind blows.

Dust Mite Allergy

- Blocked nose
- Post nasal drip

Mite Allergy sufferers are often worse in coastal areas, especially when humidity is high. Symptoms are usually worse indoors, especially at night, when patients share their beds with the resident mites.

ALLERGY TESTS

Your doctor will decide on either skin tests or specific IgE blood tests, so that triggers may be identified and avoided.

TREATMENT

Wherever possible, specific allergens should be avoided.

Nasal corticosteroid sprays are the mainstay of treatment for allergic rhinitis. They need to be used every day, and the technique of administration is crucial to obtain the desired benefit.

Long Acting Non-Sedating Antihistamines are good for treating the troublesome symptoms of allergic rhinitis where a nasal spray alone does not give adequate relief. Non-sedating antihistamines are safe to use long term, and may be bought from your pharmacy without a prescription.

If you are struggling with your allergies despite medication and adequate avoidance measures, you should contact your doctor and ask about Allergen Immunotherapy.

Remember: If you are seeing a doctor for possible allergy skin tests, you need to stop antihistamines for 3 days before your visit.

For more information: http://en.wikipedia.org/wiki/Allergic_rhinitis

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