



SPRING INTO THE SNEEZING SEASON!

The "Threat" of Pollen and Dust Mite

Allergies like allergic rhinitis occur when your body mistakes a harmless protein like dust or pollen allergen for a dangerous one. This leaves you suffering the symptoms of your body's attempt to wash the allergen away- an itchy running nose, itchy nose, itchy streaming eyes, itchy ears and a scratchy throat.

Avoiding Your Known Allergy Triggers

Some allergens are easy to avoid, but some are not. Avoiding your allergy triggers when this is possible is the best way to stop your spring allergy.

Air borne pollens is released at different times of the year. When the pollen count is high avoidance can be difficult. You need to start preventative treatment several weeks before your allergen is due.

Antihistamines for Allergy

Some triggers are present all year round. These include dustmite allergen, pet dander and cockroach allergen. Local treatments and antihistamines can be useful to help you overcome your allergies. Antihistamines are available in

sedating and non-sedating forms. Sedating forms can be useful at night and for blocked noses, but non-sedating antihistamines are preferred for daytime use. Chlorpheniramine and promethazine hydrochloride are examples of sedating antihistamines. Fenofexadine and loratadine are examples of non-sedating antihistamines. Sometimes it is worth changing to a different antihistamine if one type does not suit you.

Preventer Medications

When aeroallergens are unavoidable preventer medication reduces your sensitivity. Unlike reliever or decongestant medication preventer takes several weeks to work. You may need to use additional medication until this happens.

Nasal Decongestants, don't use too much of a good thing!

Decongestant nasal sprays are not safe for everyone, such as pregnant women or people with high blood pressure. You should only use these sprays for at most a week without a break.

For further information, our Pharmacists are available to answer any questions

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