



8 Allergic Rhinitis • Conjunctivitis (Hay Fever)



Allergic Rhinitis · Conjunctivitis (Hay Fever)

What is it ?

An allergy is a sensitive reaction of the body to certain substances (allergens) that trigger allergic responses.

Symptoms of allergic rhinitis are sneezing and runny or congested nose, while symptoms of allergic conjunctivitis are red, itchy, swollen, burning or watery eyes.

The allergen that causes allergic rhinitis varies from person to person and can be caused by just about any substance in his/her surroundings. If rhinitis is caused by pollen, it is most commonly known as hay fever.

Treatment

- ① Oral
 - ② Nose drops
 - ③ Eye drops
- (Refer to next page)



Home Care Tips (For Hay Fever)

- ① Avoid pollens.

Remain indoors on dry, hot, windy days when it is more likely that there will be an increased amount of pollen in the air. Wear a mask and sunglasses when going out.

- ② Keep pollen out of the house.

Remove pollens that may have gotten on clothes and bedding that were drying on an outside line. Try to keep windows shut during the pollen season.

- ③ Wash the face and eyes after having been outdoors. (A special tool for washing the nose is also available.)

Other Home Care Tips

- ① Take medications as directed and prescribed by a doctor.
- ② Fatigue and stress can make conditions worse. Maintain regular habits and make sure to get enough sleep.
- ③ Keep the house as clean as possible. Keep away from allergy causing mites or house dust.

Medicines for Allergic Rhinitis

1. Medications to Control Allergic Rhinitis Conditions (Sneezing, runny nose, stuffy nose)

① Oral Medication

Medicines containing antihistamines are prescribed. Antihistamines are usually effective in treating and preventing allergy symptoms; unfortunately, the major side effect is drowsiness. Extra precautions should be taken when driving or doing dangerous jobs. If an antihistamine causes drowsiness, it is best to take it before going to bed, or use nose drops as an alternative medication.

② Nose Drops

Nose drops are squeezed into the nose and directly treat the nasal mucosa. Unlike oral medications, nose drops do not cause side effects. However, this kind of treatment is bothersome and the effect of medication varies for each patient. The drops also cause discomfort at times.

2. Preventive Medication

Allergic rhinitis continuously affects the person once it develops. Preventive medication is necessary in order to avoid or minimize occurrence.

① Oral Medication

The effect of the medicine differs considerably for each person. It often produces drowsiness as a major side effect.

② Nose drops

Stimulation varies sometimes causing severe sneezing in some cases.

Medicines for Allergic Conjunctivitis

In most cases of allergic rhinitis, allergic conjunctivitis occurs simultaneously. Eye drops are the most common medication used in treating allergic conjunctivitis.

1. Medications to Control Allergic Conjunctivitis (Itching, bloodshot eyes, burning eyes)

There are several types of eye drops, varying from mild to strong, that can be used depending on the type and severity of the symptoms.

2. Preventive Medication

Allergic conjunctivitis continuously affects the person once it develops. It is necessary to take preventive medication in order to avoid or minimize occurrence.