

Allergic Rhinitis

What Is Allergic Rhinitis?

Allergic rhinitis is a common condition caused by an allergic reaction to allergens such as pollen, dust mites or animal dander. It affects the nose and sometimes the eyes, throat, and sinuses. Allergic rhinitis can be seasonal (occurring during specific times of the year) or perennial (year-round).

Symptoms of Allergic Rhinitis

- Sneezing
- Runny or stuffy nose
- Itchy nose, throat, or ears
- Watery, red, or itchy eyes
- Post-nasal drip (feeling of mucus dripping down the throat)

Causes and Triggers

Allergic rhinitis occurs when your immune system overreacts to allergens. Common triggers include:

- **Seasonal Allergens:** Tree, grass, or weed pollen
- **Perennial Allergens:** Dust mites, pet dander
- **Irritants:** Cigarette smoke

Diagnosis

Your doctor may diagnose allergic rhinitis based on your symptoms, medical history, and physical examination. In some cases, allergy testing (skin prick or blood tests) may be recommended to identify specific allergens.

Treatment Options

1. **Avoiding Allergens:**
 - Wash bedding and vacuum frequently to reduce dust mites.
 - Limit outdoor activities during peak pollen times.
2. **Medications:**
 - **Antihistamines:** Relieve sneezing, itching, and runny nose
 - **Nasal Corticosteroids:** Reduce inflammation and nasal symptoms
 - **Decongestants:** Relieve nasal congestion but can only be used for short-term relief only.
 - **Nasal rinses:** washes allergens from your nasal passages.
3. **Immunotherapy:**
 - Sublingual tablets may help desensitize your immune system to allergens over time.