

Hayfever & Allergy

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Overview

Hay fever is also called allergic rhinitis. The most common allergens that cause this are trees, grass, pollen as well as outdoor mold. Indoor allergens may include dust mites, cockroaches, allergens from furry household pets, and fungi. Hay fever occurs when allergens such as pollen trigger a reaction in the body. This leads to the release of chemicals such as histamine which causes the symptoms.

What are the symptoms of hay fever?

The symptoms typically include the following:

- Sneezing
- Itching of nose, eyes, ears, and palate
- Congestion
- Headache
- Earache
- Tearing
- Red eyes
- Eye swelling
- Fatigue
- Drowsiness

What are the available medications for hay fever?

Hay fever medication varies for each individual. Antihistamine tablets control symptoms very well and may be sufficient for some people. However, the drowsiness effect from most antihistamines may not be suitable for some individuals. Another type of medications is a nasal spray. This can help address itchy and runny nose. Antihistamine eye drops can also relieve irritated, itchy eyes of hay fever.

How do you prevent hay fever?

Staying away from the triggers of hay fever is also recommended but may not always be avoidable especially if one finds himself living close to nature or pets. However, there are different means to reduce your exposure to allergens such as pollen. This may include limiting your outdoor activities when the pollen count is too high or staying indoors right after thunderstorms (due to high pollen count).

What is the cure for hay fever?

Managing the symptoms and veering away from the triggers is usually a better option. Immunotherapy may be an option for others. It involves getting regular shots over a span of about 3 to 5 years. It works by desensitizes you to the triggers.

