



AUBURN PHARMACY

Allergy Relief

Seasonal Allergies causing you trouble? Don't worry, there are several types of nonprescription medications that can help alleviate your symptoms.

All About Allergies

- An allergic reaction is caused by your immune system reacting to a foreign substance that doesn't cause a reaction in most people.
- Substances that cause allergic reactions are called allergens. Allergy symptoms are caused by your immune system's response to a particular type of allergen.
- Seasonal allergies, also called hay fever or allergic rhinitis, affect around 20% of adults, and 40% of children.
- Common symptoms include sneezing, runny nose, itchy eyes and throat, and congestion.
- The biggest allergy trigger is pollen, tiny grains released into the air by plants.
- Cat and dog dander allergies are also common, and can be treated just like seasonal allergies.

A Variety of Options to Treat Your Symptoms

- There are several different types of treatments for allergy relief
 - o **Antihistamines** are one of the most common and effective treatments for allergy symptoms. They block your immune system from fully reacting to the allergen.
 - **Non-drowsy antihistamines** include Allegra, Claritin, and Zyrtec.
 - **Benadryl** is a strong antihistamine that also causes drowsiness.

- o If you are having troubles with nasal or sinus congestion, there are several **Decongestant** products that are available.
 - **Pseudoephedrine (Sudafed)** is available behind the pharmacy counter. It shrinks blood vessels that are responsible for congestion.
- o **Combination Products** that include Sudafed and antihistamines are available behind the counter. The decongestant will clear up your sinuses, while the antihistamine takes care of your other symptoms.
- o **Decongestant Sprays** such as Afrin or Phenylephrine act directly on swollen blood vessels in the nose. However, these should only be used for 3-5 days, or a common side effect called rebound-congestion can occur.
- o **Corticosteroids** such as Nasacort and Flonase are now available over the counter. These sprays are very effective at preventing allergy symptoms. But they can take up to a week to start working fully.
- o **Nasal wetting agents** such as saline sprays or Neti pots can irrigate the nose, and help remove mucus.



"Caring for the health of you and your community"