

Allergies *annoying you?*

A runny nose, sneezing, itchy eyes... allergy symptoms can be miserable and common. More than 50 million Americans have allergies.



PEOPLE CAN GET ALLERGIES AT DIFFERENT TIMES OF THE YEAR.

This is because different allergy triggers come and go as the seasons change:

- If you have allergies in the spring, you may be allergic to tree pollen.
- People who notice allergy symptoms in the summer are usually allergic to grass or weed pollen.
- Those who notice their allergies getting worse in late summer to fall are probably reacting to ragweed pollen.
- Allergy symptoms related to wet, rainy weather are often due to mold.
- If you have allergies year-round, you may be allergic to something indoors like dust mites or pet dander.

WHAT DOES ALLERGY MEDICINE DO?

There are many medicines available today that treat allergies. Each one works in a different way and can help people with different types of allergies. With the help of your doctor, you can find a solution that helps control your allergy symptoms. This can include:



Antihistamines. They stop histamine, which is a chemical that the body releases when it is exposed to an allergen. These can help tackle all types of allergy symptoms, from runny nose to itching. Some antihistamines are pills, and others are nose sprays.



Nasal (nose) sprays. Some allergy nose sprays contain an antihistamine ingredient. Others may contain a steroid to help stop swelling and inflammation, which causes a runny nose and sneezing. Nose sprays can help shut down the allergic reaction that starts in the nose.



Eye drops. Eye drops for allergies are helpful for people who notice itchy or watery eyes. They don't usually help with sneezing or other allergy symptoms.



Immunotherapy. Includes allergy shots or small tablets placed under the tongue. These treatments expose the body to a small amount of the allergen over time. Your healthcare provider will have to give these to you.



With all the treatments available today, you don't have to live with miserable allergy symptoms. But talk with your healthcare provider before you try any new medicines.

Sources: American Academy of Family Physicians, Asthma and Allergy Foundation of America