



الشراكة الطلابية

مشروع التثقيف الصحي Health Education Project

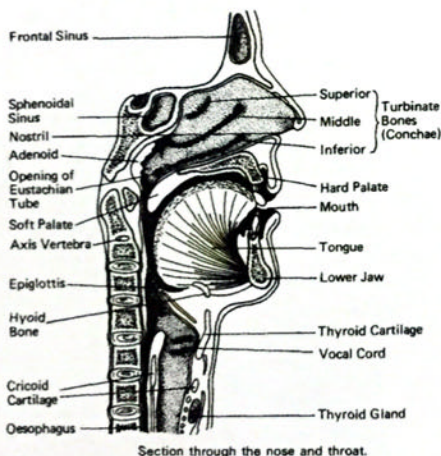
Allergic Rhinitis



Nose Structure

The nose has two holes called nostrils. Deep inside your nose, behind your nose, in the middle of your face, is a space called the nasal cavity. It connects with the back of the throat. The inside of your nose is lined with a moist, thin layer of tissue called a mucous membrane covering the bony projections (turbinate). This membrane warms up the air and moistens it. The mucous membrane makes mucus, that sticky stuff in your nose which captures dust, germs, and other small particles that could irritate your lungs. Also there is hairs that can trap large particles, like dirt or pollen. If something does get trapped in there, You will sneeze. Sneezes can send those unwelcome particles out.

Further back in your nose are even smaller hairs called cilia that you can see only with a microscope. The cilia move back and forth to move the mucus.



What is Allergic Rhinitis?

Allergic rhinitis (also called "hay fever") happens when you breathe in something you are allergic to, and the inside of your nose becomes inflamed or swollen.

What are The Signs and Symptoms of Allergic Rhinitis?

Allergic rhinitis can last for more than 8 – 10 days and may include:

1. A stuffy nose or a runny nose.
2. Sneezing.
3. Itchy nose, itchy eyes or watery eyes.
4. Children who have allergic rhinitis might have dark circles under their eyes, or use the palm of their hand to push their nose up as they try to stop the itching (called the “allergic salute”).
5. Coughing caused by clear mucus running down the back of your throat.



What Causes My Allergic Rhinitis?



Allergic rhinitis is caused by things that trigger allergies, called allergens. These allergens can be found both outdoors and indoors. When allergic rhinitis is caused by common outdoor allergens – such as mold or trees, grass and weed pollens. It is often referred to as seasonal allergies. Allergic rhinitis may also be triggered by allergens that are in your house, such as animal dander (tiny skin flakes and saliva), indoor mold, or the droppings of cockroaches or house dust mites; tiny creatures found in the home.

Symptoms

- If you have symptoms in spring: you are probably allergic to tree pollens.
 - If you have symptoms in the summer: you are probably allergic to grass and weed pollens.
 - If you have symptoms in late summer and fall: you probably are allergic to ragweed.
 - Dust mites, molds and animal dander (saliva or skin flakes) cause symptoms all year.
- (Your doctor can perform skin tests to decide for sure which allergens cause your symptoms)

Allergic Rhinitis & Common Cold

Signs of allergic rhinitis are similar to signs of a common cold. But, unlike common cold symptoms, allergic rhinitis can last for more than 8 - 10 days.

What are My Treatment Choices?

Nose sprays and antihistamines that your doctor prescribes are very helpful for controlling symptoms. Some are safe for young children and all are safe for adults.

Can I do Anything to Avoid Getting Allergic Rhinitis?

You can change some things in your house that might make your symptoms better:

1. Although it's best not to have pets when you have allergic rhinitis, washing your furry pet once a week and keeping it out of the bedroom and off the furniture will help.
2. Put pillows, boxsprings and mattresses in sealed plastic covers that keep out dust mites, and wash sheets in hot water every week. Washing machines at the Laundromat will have hot enough water to kill the dust mites.
3. Keep windows closed. If possible, get an air conditioner and run a dehumidifier, so that there will not be so many pollens and molds in the house.

For more info please visit: www.hep-ksu.info or contact: 014786100 ext 1422

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