

ALLERGIES

Tips for Taming Seasonal Allergies



RECOGNIZE SYMPTOMS

Seasonal allergies mainly affect the eyes, nose, sinuses, and mouth. If your symptoms – like a stuffy or runny nose, sneezing, cough, red or watery eyes, or sinus congestion and pain – don't go away after a week or two, you may be reacting to seasonal irritants.



KNOW YOUR PILLS

In terms of effectiveness, all of the newer over-the-counter antihistamine medications are considered equal. We recommend Allegra, Claritin, or Zyrtec. However, some people find that one type works better for them than another.



STAY CONSISTENT

If you only begin your allergy medications after symptoms develop, and if you only use them on “bad” days, you'll find yourself chasing the problem rather than preventing it. Take your antihistamine at a consistent time each day.

USE NASAL SPRAYS

Nasal sprays, both medicated and nonmedicated, are an important part of managing congestion and post-nasal drip. Try a daily steroid nasal spray like fluticasone (Flonase) or triamcinolone acetate (Nasacort).



KEEP AN EYE ON EYEDROPS

Flonase helps with itchy eyes, but if your allergies come with excessive tear production or red, itchy eyes that are dry or irritated, you may need to add eyedrops to your regimen. Ketotifen fumarate (Zatidor) and Pataday are antihistamine options.



HONEY CAN HELP

Preventing allergies with honey has not been proven, but research suggests that honey is as effective as over-the-counter cough remedies to relieve symptoms. Mix honey into tea or hot water, or eat it by itself if you can't shake that tickle in your throat.

