

Allergy Treatment Guide

Does allergy season have you in its grip? Here's a quick and easy overview of today's allergy treatments.



COMMON SENSE PRECAUTIONS

- Talk with your doctor about any other medications you are currently taking, especially sleeping pills, sedatives, stimulants, ADHD medication, MAO inhibitors, anti-fungal medication, diet pills, muscle relaxants, pain relievers and medications for depression and seizures.
- Some allergy medications can make people drowsy. Always use caution in performing activities requiring alertness (e.g., driving).
- If you are pregnant or nursing, always consult with a doctor first.
- Check with a doctor about using for children, the elderly or other sensitive groups.



TALK TO YOUR DOCTOR:

Always Talk to Your Doctor If You Have a Medical or Family History of:



- Known drug or food allergies
- Alcoholism
- Asthma
- Blood clots
- Cataracts
- Diabetes
- Enlarged prostate / difficulty urinating
- Glaucoma
- Heart disease or high blood pressure
- HIV
- Kidney or liver disease
- Lung problems
- Mental illness
- Overactive thyroid
- Tuberculosis
- Seizures
- Any other chronic or serious conditions

SEE HOW OVER-THE-COUNTER COMPARES WITH PRESCRIPTION TREATMENTS



OVER THE COUNTER



CLASSIFICATION	BRAND NAME	GENERIC NAME	SUTTER MEDICAL EXPERTS SAY:
<i>Oral Antihistamines</i>	Allegra Claritin Chlor-Trimeton Zyrtec Tavist Benadryl Tylenol Allergy and Sinus	flexofenadine loratadine chlorpheniramine cetirizine clemastine diphenhydramine	Effective, second generation antihistamines (Claritin, Zyrtec, Allegra) can be purchased generic over-the-counter. They help with itching, runny nose and sneezing but not with congestion. They are safe. Older antihistamines (such as Benedryl) are not recommended, because they cause sleepiness.
<i>Oral Decongestants</i>	Allegra-D Claritin-D Zyrtec-D Sudafed	pseudoephedrine and/ or antihistamine phenylephrine	Good for nasal congestion. However, these can cause insomnia, increase in blood pressure, and difficulty with urination in some men. Talk to your doctor about potential concerns.
<i>Nasal Decongestant</i>	Neo-syneprine nasal spray Afrin Vick's Sinex 4-Way Fast Acting Nasal Spray	neo-syneprine oxymetazoline	Very effective in quickly alleviating nasal congestion. CAUTION: Using more than four days in a row can cause addiction, creating reliance on these types of products.
<i>Nasal Corticosteroids</i>	Flonase Nasocort Rhinocort	fluticasone triamcinolone budesonide	The most effective medication for all nasal allergy symptoms. Can cause nose bleeds if not used properly.

PRESCRIPTION



CLASSIFICATION	BRAND NAME	GENERIC NAME	SUTTER MEDICAL EXPERTS SAY:
<i>Oral Antihistamines</i>	Clarinet Xyzal	desloratadine levocetirizine	OTC oral antihistamines are an effective choice for most people, providing the same benefits as prescription medications like these.
<i>Oral Corticosteroids</i>	Prednisone Intensol Prelon	nasal antihistamines	Very effective. Short term side effects can include increased appetite, emotional changes, increased blood sugar. CAUTION: Long term use is associated with a number of potentially serious side effects. Be sure to discuss this thoroughly with your doctor. If used, shots not recommended; oral is a better choice.
<i>Nasal Antihistamines</i>	Astelin, Astepro Patanase	azelastine olopatadine	These work for all nasal symptoms within 20 minutes. Can leave bad taste in throat if not used properly.
<i>Nasal Corticosteroids</i>	Nasonex Veramyst Qnasl Zetonna	mometesone fluticasone beclomethasone ciclesonide	The most effective medication for all nasal allergy symptoms. Can cause nose bleeds if not used properly.

CLASSIFICATION	SUTTER MEDICAL EXPERTS SAY:
<i>Immunotherapy (allergy shots)</i>	Immunotherapy is the only way of treating the underlying cause of allergic rhinitis and asthma, and is very effective if done properly. Some people find permanent relief after five years of treatment and are able to stop their shots.
<i>Saline Rinses</i>	Saline rinses are always a good option and can be used frequently. They can help reduce symptoms like dryness, bloody nose and irritation.
<i>Air Purifiers</i>	Can be helpful for indoor pet allergy. HEPA recommended.