

I Have Seasonal Allergies. What Should I Take?



| Nasal and Sinus Congestion, Sinus Pain, Headache, Sinus Pressure | Congestion, Sinus Headache, Post Nasal Drip | Sinus Headache, Sinus Pressure | Chest Congestion, Cough | Sneezing, Watery, Itchy Eyes, Runny Nose |
|---|--|---|---|---|
| -Sudafed -Dimetapp -Actifed *Claritin, Allegra, Zyrtec | -Ocean Nasal Saline Spray -Flonase -Nasonex -Neti Pot | -Tylenol (Acetaminophen) -Motrin (Ibuprofen) | -Mucinex – D -Robitussin DM -Delsym | -Claritin -Allegra -Zyrtec -Benadryl |



Seasonal Allergies

When exposed to an allergen -- for example during weather changes -- an exaggerated immune response is triggered. Immune system cells known as "mast cells" release histamine, which attach to receptors in your blood vessels, causing them to enlarge. Histamine also causes redness, swelling, itching, and changes in secretions. That swelling produces fluid and mucous.

How Do Antihistamines Work?

By blocking histamine and keeping it from binding to receptors, antihistamines prevent allergy symptoms. Long-acting antihistamines provide symptom relief for eight to 12 hours, while four-hour antihistamines don't last as long but begin working faster. Common side effects of antihistamines include: drowsiness, dry mouth, constipation, blurry vision, trouble urinating .

How Do Decongestants Work?

Decongestants work by shrinking swollen tissues and blood vessels, relieving the symptoms of nasal swelling, congestion, mucus secretion, and redness. Possible side effects from decongestants include: nervousness, trouble sleeping, increased blood pressure, increased heart rate.

You should talk with your doctor before taking decongestants if you are pregnant or breastfeeding, have high blood pressure, heart problems, thyroid problems, or diabetes,. Always let your doctor know what over-the-counter medications you are taking to prevent possible interactions.

Combination Allergy Drugs

Some allergy drugs contain both an antihistamine and a decongestant to relieve multiple allergy symptoms. Some combination drugs are designed to address multiple symptoms. Know your symptoms and take all medications according to directions. Don't take medications for symptoms you don't have and watch for medications with pain relievers already in them.