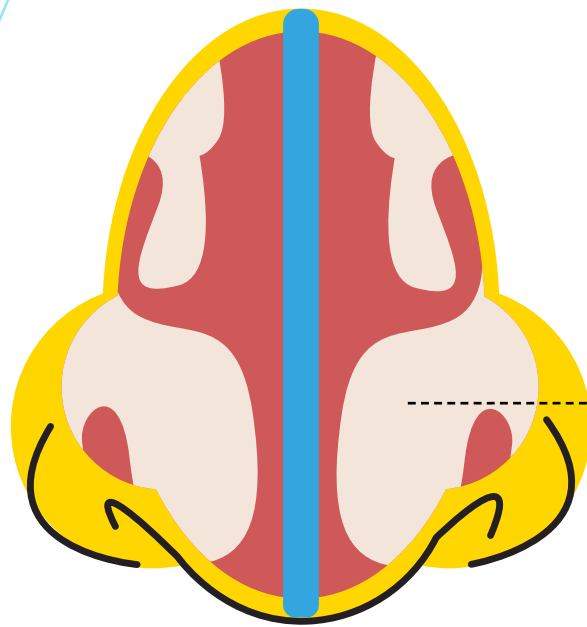




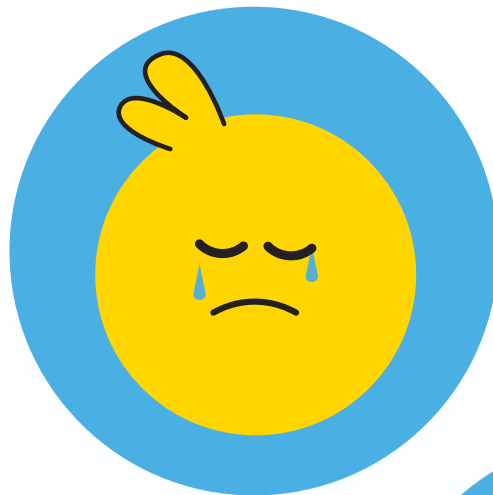
ALLERGIC RHINITIS



Enlarged Inferior Turbinate

Eye symptoms

- Itchy eyes
- Watery or teary eyes
- Red eyes
- Eye swelling

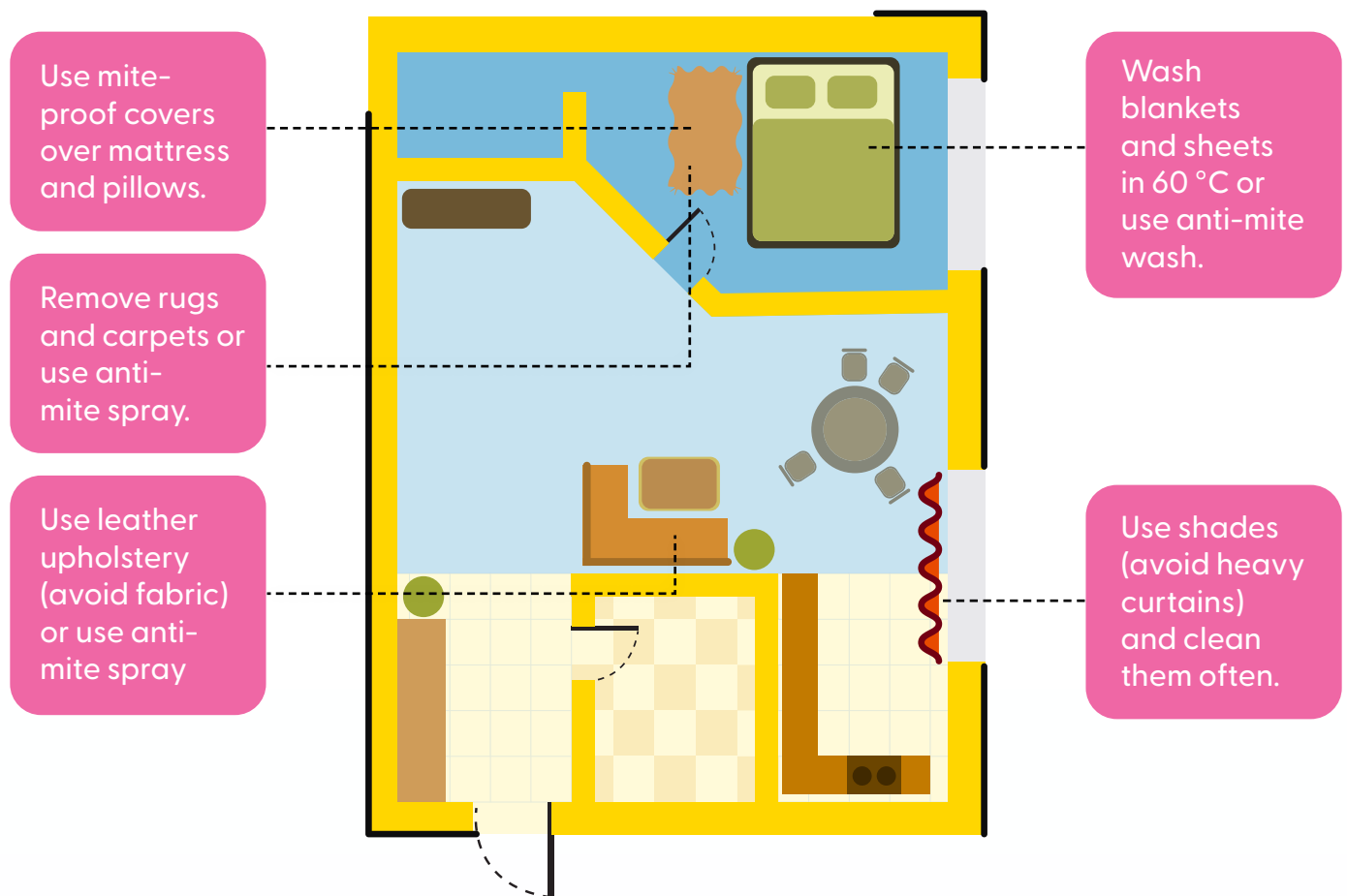


Nasal symptoms

- Itchy nose
- Runny nose
- Sneezing
- Blocked nose

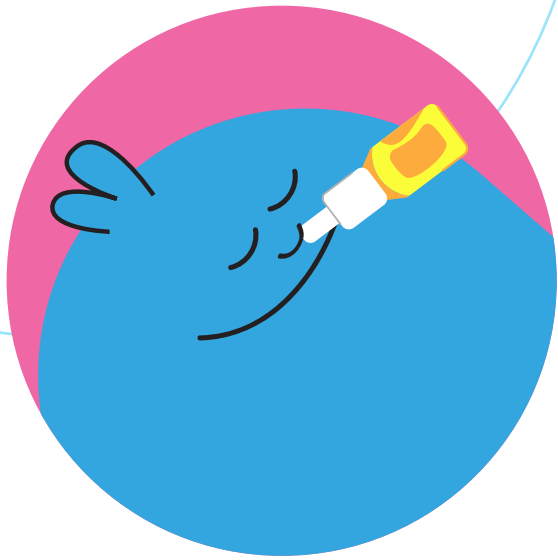


1. Identify and avoid triggering environmental allergen



Steps for dust mite avoidance:

- Wash bedsheets, pillowcases and blankets in hot water that is 60 °C weekly or fortnightly.
- Avoid beddings such as pillows or comforters that are made of natural materials like feathers. Replace them with synthetic fibres. Consider latex mattresses.
- Consider dust mite proof mattress and pillow covers (eg. Allerguard www.allergy.sg)
- Remove stuffed toys and thick heavy curtains in the bedroom that trap dust.
- Avoid fabric material for sofas and use synthetic or leather material instead.
- An alternative (less preferred) is using an acaricide spray (eg. Acarosan www.allergy.sg) monthly on existing carpets, sofas and mattresses.
- Clean and service air conditioner regularly.
- Use a vacuum cleaner instead of a broom for cleaning and use a damp towel to wipe surfaces instead of feather dusters.
- Use a High-Efficiency Particulate (HEPA) filter vacuum cleaner and air purifiers in the bedroom.



2. Treat nasal inflammation

- Low dose nasal steroid sprays eg. Avamys or Nasonex once daily, tilted pointing slightly 20deg outwards within each nostril to target inflamed nasal turbinates.
- Non-drowsy antihistamines eg. Zyrtec, Telfast, Aerius for flares of symptoms as required.
- Nasal saline sprays or washes to help clear our mucus 2 to 4 times a day as required.
- Short courses of Singulair for severe symptoms.

3. Consider dust mite sublingual immunotherapy to modify longterm outcomes

- Safe and home administered above the age of 5.
- Main side effects: local itch, mild swelling over the lips, mouth, tongue or throat.
- 40-60% improvement in symptoms over and above medication use by the end for 1st year.
- Only disease modifying treatment.
- 3 year therapy course required to sustain response for a 5-10 year period.

