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What Is Hay Fever?

By News Canada

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by: **News Canada**

(NC)–Well, it's not caused by hay, and it isn't a fever. In fact, " hay fever" is a complete misnomer. The term was first used by English doctors over a hundred years ago when they noticed that during the hay-cutting season, some people suffered sneezing fits, runny noses and itchy eyes.

The more accurate name for hay fever is seasonal allergic rhinitis. It's an allergic reaction that may cause a runny nose, red, itchy, watery eyes, pressure in the eyes, sore throat and headaches. Symptoms, in fact, which are deceptively similar to those of a cold.

There are two kinds of allergic rhinitis. The first is perennial allergic rhinitis and it affects people year round. Since the substances causing the allergy – house dust, animals, mould – are found inside, it strikes mostly in the winter, when we're indoors the most.

The second, seasonal allergic rhinitis, is fairly easy to recognize, because it occurs at the same time each year. Pollen seasons vary according to the different types of pollen and the geographical location. It's important to know your pollen season, because medications like antihistamines are most effective if you start taking them before your peak season starts. To find out more about pollen levels in your area check the Claritin Pollen Forecast every 28 minutes past the hour on the Weather Network.

Also, it's important to be able to function normally while you to treat your allergy symptoms. Make sure to read your medication package properly because not all antihistamines are non-sedating. More specifically, look for the words "non-drowsy" on the box. With a little information and proper medication you will be able to control your hay fever and continue your outdoor activities this spring and summer season.

For more information on seasonal allergies contact 1-800-665-1507 or visit

www.claritin.ca

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or catch the

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How To Treat Hay Fever

By A. Pruder

Many individuals suffer with seasonal allergies, including hay fever, that affects the nose and eyes. Commonly caused by dust, pollen and animal dander, many allergy sufferers often especially begin to feel the effects during the spring months as the trees and flowers begin to bloom. Watery, red and itchy eyes combined with a stuffy and/or runny nose are just a few of the symptoms relating to hay fever. In addition, frequent headaches, sneezing, wheezing and difficulty breathing may be warning symptoms of this seasonal nuisance.

The most simple treatment for hay fever is for sufferers to stay away from the cause of the allergies. But, if that isn't possible, a licensed physician can often prescribe medication that will aid in the relief of hay fever symptoms. The type of medication prescribed will entirely depend upon the nature of the hay fever and it's severity, along with the health of the patient. Everything from nasal sprays to pills and herbal medicine may be recommended. Many sufferers look to commercial, over the counter products in hopes of relieving their hay fever without having to pay a visit to their local doctor. Other hay fever

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sufferers turn to air filtration units, which purify the air inside the home and is believed to remove many airborne allergens.

Before using any over the counter hay fever treatment products, the consumer should read the instructions carefully and follow any guidelines set forth by the manufacturer. Warning labels are an important part of any medication, including those used for hay fever. Most over the counter products carry their own side effects, which may include drowsiness. It is very important that individuals not drive or operate other machinery after taking any type of medicine, including over the counter products.

The appropriate hay fever treatment is an important part of helping to cure this ailment. If left untreated, hay fever can become severe and may be very dangerous to the sufferer. If symptoms do not lessen or if they grow even more severe, it is important for the sufferer to consult his/her physician for proper treatment. Allergies, because they are so common, can be difficult to treat and equally frustrating when trying to find the cause.

The information in this article is to be used for reference purposes only. It is not intended to be used in place of, or in conjunction with, professional medical advice. Any individual who develops hay fever, or begins to notice symptoms that may indicate the same, should consult a licensed physician for proper diagnosis and treatment.

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