Wellness Topic of the Month

Seasonal Allergies

My nose has done more running this spring than I have.

Fun Facts About Health
The days are longer, the birds are chirping, and the weather is getting warmer. All in all, it’s a wonderful time of year! Unfortunately, with warmer weather comes pesky seasonal allergies. In this edition of the Center for Pharmacy Care’s “Wellness Topic of the Month,” we will discuss common causes, symptoms, and treatments related to seasonal allergies.

Do you already take medication for seasonal allergies? If so, be sure to start medications one week before symptoms typically appear!

Did You Know?
At the Center for Pharmacy Care, we carry antihistamines, decongestants, eye drops, nasal sprays, and saline rinses for any type of symptoms you may be having. Come to the second floor of the union building, next to student health services, and ask a pharmacist about the best product for you today! Our prices can’t be beat!

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Hours: M-F, 9 a.m.-4 p.m.

Recipe of the Month
“Fresh Mango Salsa”

Try this sweet, spicy, and easy to make mango salsa! It can be served with chips, on tacos or salads, or as a salad itself.

Ingredients:
- 3 ripe mangos, diced
- 1 medium red bell pepper, chopped
- ½ cup chopped red onion
- ¼ cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
- ⅛ to ¼ teaspoon salt, to taste

Instructions:
1. In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer.

Find this recipe and more at:
https://cookieandkate.com
WHAT ARE ALLERGIES?
- Seasonal allergies are also called hay fever and allergic rhinitis
- In the United States, allergy season starts in February and lasts until early summer
- Allergies occur when your body reacts to a foreign substance in the air (such as pollen) and releases chemicals from your immune system to fight it off
- Common symptoms of allergies include itchy, watery, red eyes, sneezing, stuffy nose, and wheezing

COMMON ALLERGY TRIGGERS
- Tree pollen
- Ragweed
- Mold
- Pet dander
- Grass pollen
- Dust mites

HOW TO REDUCE EXPOSURE TO ALLERGENS
- Stay indoors on dry, windy days
- Try to avoid outdoor chores, such as mowing grass and pulling weeds
- Keep doors and windows closed when pollen counts are high
- Remove clothes you've worn outside and wash skin and hair after pollen exposure
- Avoid hanging laundry outside to air dry
- Avoid outdoor activity early in the morning when pollen counts are the highest

MEDICATIONS FOR SEASONAL ALLERGIES
Antihistamines:
- First-line medications to help relieve sneezing, runny nose, and itchy eyes associated with allergies
- May cause drowsiness or dizziness. Avoid driving and doing other tasks that call for you to be alert until you see how this drug affects you
- Examples: Claritin®, Zyrtec®, Xyzal®, and Allegra®

Decongestants:
- Help relieve nasal stuffiness.
- Avoid taking an oral decongestant if you have high blood pressure. Talk to your pharmacist before purchasing this product
- Nasal decongestants offer temporary relief, but should not be used for more than 3 days at a time for the risk of rebound congestion
- Examples:
  - Oral: Sudafed®
  - Nasal: Afrin® and Neo-Synephrine

NOTE: Antihistamines are available in combination with decongestants in products such as Claritin-D® and Zyrtec-D®

Eye Drops:
- Eye drops can offer relief for red, itchy, and/or watery eyes
- Examples: Zaditor® and Alaway®

Nasal Sprays:
- Effective medications for the treatment of allergic rhinitis that can also be first-line agents
- Steroid nasal sprays can be used to help decrease inflammation in the nasal passages
- May cause nose or throat irritation, stinging, sneezing, or headache. If these get worse or don't go away, stop using and talk to your doctor
- Examples: Flonase® and Nasacort®

NOTE: It make take several days to see the full benefit from these nasal sprays. It is important to use them every day

Other Remedies:
- Irrigation of the sinuses has been shown to relieve symptoms of allergies
- Neti pots can be used to irrigate the sinuses with a saline solution
- Saline nasal spray, such as Ocean nasal spray, to irrigate the sinuses

NOTE: It is important to talk to your doctor and/or pharmacist when starting any over-the-counter product. If your symptoms worsen or do not get better while using these products, be sure to speak with your doctor