

**Cycle 2- Allergies**  
**2202 - Defining Nasal Allergies**  
**SCRIPT**

**(1)**

**WILLIAM CRAWFORD, MD:**

Your immune system is tremendously powerful, and tremendously complicated. It's very easy for your immune system to kind of go haywire in one way or another, and start attacking something that doesn't need to be attacked.

**(2)**

**FAITH HUANG, MD:**

So that can include most commonly things like tree, grass, or weed pollen so that corresponds to spring season, summer, and fall. And then you can also be allergic to things like mold, which are kind of intermittently throughout the year, as well as animals like cats and dogs. Another big allergen is dust mites, so that could be a year round exposure, and you could actually be having those allergy symptoms every single day.

**(3)**

**AMBER BURNETTE, MD:**

Very common symptoms are stuffy nose, what we'll call nasal congestion or sneezing-- sometimes sneezing attacks, up to 20 or 30 sneezes at a time, itchy eyes or watery eyes, sometimes what we call post nasal drip, which is that sensation of just mucous or something dripping down your throat-- ear itching, feeling like your ears are blocked up or all of the above.

**(4)**

**MICHAEL LAND, MD:**

Managing allergic disease starts with understanding what the triggers may be. So a management plan for a typical person with allergies is, first, to understand what the triggers are, and try to avoid the triggers.

**(5)**

**SHAUNIE, patient:**

I do a nasal rinse almost every morning, and that's a saline rinse. If there's any kind of allergens, or anything that are in my sinuses, it really helps to get rid of them. Mine have all been environmental, outdoor, relatively contained, you know, being able, with medications and natural things, to combat it.

**(6)**

**MADelyn FERNSTROM:**

Medical treatment for nasal allergies include, allergy medicines and allergy shots.

**(7)**

**YANA SAMARSENA, MD:**

So usually when someone has allergies, they've gone to the drugstore. They've seen the antihistamines-- Claritin, Zyrtec and Allegra. And those are the ones that most people have tried before they come into see the allergist. Nasal sprays or intranasal steroids is the first-line therapy that an allergist will recommend. And it's a spray that's used in the nose once or twice a day. And it's extremely effective and the medicine really stays in the nose and doesn't go into the rest of the body.

**(8)**

**YANA SAMARASENA, MD:**

Allergy shots are extremely helpful and usually are started if someone is either not tolerating medicines due to side effects or they've tried the medication and none of the medication helped. The premise of allergy shots or allergy immunotherapy is to slowly desensitize the immune

system from having the reaction to the specific trigger.

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