

**Cycle 2- Allergies**  
**2204 - Aging and Allergies**  
**SCRIPT**

**(1)**

**SANDY JUNG-WU, MD:**

With aging and allergies there isn't a general rule that as you get older you're going to have more and more allergies or less and less allergies, as opposed to other organ systems or health systems. It really just looks different.

**(2)**

**JAVED SHEIKH, MD:**

There can be some new onset allergies even at a later age or adulthood. So, of course, we take on some new patients, really, at any age. You could have a new patient coming in as an adult, as a child, or as an older adult, even.

**(3)**

**MADELYN FERNSTROM:**

In general, allergic conditions become less common as people age, while other medical conditions become more common.

**(4)**

**PAULA ARDRON, MD:**

One thing that people may not know as much is that when we're using antihistamines, we really have to be careful about which ones we use as people age. The most common ones actually cross the blood-brain barrier. And that's one of the reasons why it causes sedation or sleepiness in people. But in people over age 65, it actually increases the risks of falls for patients in the senior age group. So we try to move those patients for safety to medications that are longer-acting and less likely to move across the blood-brain barrier.

**(5)**

**MADELYN FERNSTROM:**

For older patients, common over the counter antihistamines, especially diphenhydramine and chlorphenhidramine are more likely to cause sleepiness, difficulty driving, lack of coordination, falls, dry mouth, or dry eyes, or difficulty urinating. Your allergist can help you select the safest and most effective medication to control your symptoms.

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