

Cycle 2- Allergies
2206 - Treatments of Allergic Rhinitis
SCRIPT

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WILLIAM CRAWFORD, MD:

Basically we have three approaches to help people with allergic rhinitis, or to help people with their allergies. The first is the environmental approach where we identify the things that they're allergic to, and help them to avoid those things, which can sometimes solve the problem. The second approach is allergy medicines. And the third approach is allergy shots. For most people the answer with either be allergy medicines, or allergy shots. And they're very different. Because when we give you allergy shots it's very different from medicines. We're not injecting you with medicines. We're injecting you with small amounts of the things that you're allergic to.

(2)

AMBER BURNETTE, MD:

Antihistamine allergy pills are helpful, but if your major problem is that your nose is stuffy or itchy or you're sneezing, you should put the medicine where the problem is and that's where nasal sprays are honestly most effective.

(3)

ASHMI DOSHI, MD:

Nasal sprays have gotten better over time. And each have their own nuances. Sometimes the patient just feel better using one of them versus another one. There's a few different types of nasal sprays that we can use some patients who have mostly just runny nose that medication can help with-- kind of drying out the nasal passages, keeping that runny nose from going on and bothering them throughout the day.

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MADLYN FERNSTROM:

Allergy shots work by making the immune system behave more like the immune system of someone who does not have allergies. Once the allergy shots have taken effect, patients are much less likely to have allergy symptoms when exposed to the things they are allergic to.

(5)

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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