

Cycle 2- Allergies
2208 - Managing Pets and Allergic Rhinitis
SCRIPT

(1)

JAVED SHEIKH, MD:

The pet allergy is a difficult one. A lot of times, people develop the allergy once they've got a pet, that perhaps there's an attachment now with the family, or, if it's a child, a lot of attachment that's formed and then it's not so easy given their family situation to just eliminate the pet.

(2)

MADLYN FERNSTROM:

Allergy to pets comes from the body's reaction to dander, produced from the skin of furry animals.

(3)

YANA SAMARASENA, MD:

If someone is allergic to pet dander and they have pets at home we strongly recommend that they remove the pets because that's a very avoidable trigger.

(4)

MADLYN FERNSTROM:

Common pet allergy symptoms include itchy noses, eyes, ears, or skin, sneezing, runny or stuffy nose, mucus in the throat, sinus pressure, and in some cases, coughing or wheezing.

(5)

JAVED SHEIKH, MD:

What we do know is the research certainly shows and it makes sense that, if you really eliminate the pet from the house, get the pet out, give it away, of course, you're going to reduce your allergen. May take some time. Might have to do some cleaning up in the house.

(6)

MADLYN FERNSTROM:

People should keep pets out of the bedroom, since concentrated levels of dander will worsen allergy symptoms.

(7)

JAVED SHEIKH, MD:

There's some limited research on the more frequently you bathe the pet. That may help, too. Probably has to be once a week, at least. So, we'll work with patients and families as much as we can, and if they're really reluctant to get rid of a pet, try to use some of these other strategies.

(8)

MADLYN FERNSTROM:

If you are allergic to pets, it is best not to get one. In situations where you must live with a pet, allergy medicines and allergy shots can be helpful.

###