

Press release

A Midsummer's Nightmare:

When pollen loading is unbearable

The sun sends the first warm sunbeams to earth. The air is full of aromatic essences: The smell of fresh soil and a sweet flowery aroma fills up the atmosphere. Is there somebody who is not in the mood of enjoying the nature? An extensive walk in the countryside, a cycle tour or a visit in a beer garden – life can be so beautiful. But more and more people don't feel any pleasure in their leisure-time. Staying outside is a nightmare for them. They suffer from spring to autumn. A runny nose, itching and frequent sneezing bother these patients. The allergic rhinitis is a spectre, a scourge.

Alder and hazel are some of the first messengers of spring. Their pollen can be in the air as soon as January. The main season begins in April, when the weather inspires the trees and bushes to flower and the people to get out of their houses. The allergic part of the flowers is the male pollen grains. Why do some people react allergic against these pollen? This question is not answered until now. The allergic rhinitis frequently occurs in the same family. There must be a genetic reason.

The symptoms of a cold are very often mixed up with rhinitis symptoms. Viruses and bacteria lead to a swollen mucosa as well as pollen do. The nose very often is blocked and itches. In addition sneezing occurs. The discharge of a virus conditioned cold is as watery and clear as it is with a pollen conditioned

rhinitis. But after some days the discharge becomes yellowish-green. A virus cold takes seven up to ten days. The duration of an allergic rhinitis is very much longer. It takes weeks or month, sometimes the whole year.

Against typical rhinitis symptoms nasal sprays are very effective, if the agent is an antihistamine like Azelastine. Azelastine nasal spray is effective within 10 to 12 minutes. It is easy to use. One puff per nostril twice daily is adequate to effectively reduce the symptoms, like a runny or blocked nose, itching or sneezing. The effect lasts 12 hours. In contrast to oral antihistamines and other therapies, Azelastine treatment is well tolerated and has a better side effect profile. Azelastine is a first-line treatment for slight and medium symptoms.

The cause of the rhinitis has an influence on the treatment plan. A physical examination therefore is necessary. The influence of the rhinitis on the quality of life is very important, too. One possibility to reduce the symptoms of rhinitis is to avoid the contact to the pollen. That means, feel like a prisoner, stay at home. Every contact to fresh air is a risk and may take all your pleasure.

An adequate therapy has to be reliable and to have a fast onset of action. Patients must be able to live their dreams: Be a part of nature, be active and feel free. Experienced allergists are qualified managers of rhinitis. Take your chance and be managed.