

Self-test:

Do I suffer from allergic rhinitis?

Itching, sneezing a blocked nose – in springtime these symptoms take an unpleasant turn. In this year, rhinitis symptoms appeared as soon as February. You are frustrated and annoyed. What is the reason for this discomfort? What can you do against this suffering? Answer the following questions and you will see much clearer:

Question:	Answer:	
	Yes	No
1. The running nose lasts more than 10 days?		
2. Is the discharge watery?		
3. Do you suffer from itching?		
4. Do you have to sneeze very often?		
5. You have no fever?		
6. The symptoms take the whole spring or longer?		
7. Cigarette smoke and traffic fumes exacerbate the symptoms?		
8. Are there any allergies known in your family?		
9. Do you use decongestants very often (nasal sprays)?		
10. Did you try antihistamines and did they help you?		

Results

Five or more questions answered with „Yes“

If you have answered five or more questions with „Yes“, you probably suffer from allergic rhinitis. You should consult a doctor, to prove the diagnosis. Don't wait too long. There are some very helpful medications and therapies, to handle with your complaints. Topical antihistamines are fast acting. Azelastine, for example acts within 10 to 12 minutes and lasts up to 12 hours. Azelastine has to be used only when symptoms occur. Take the chance and enjoy symptom and carefree days. Benefit from your doctors advice!

No or up to four questions answered with „Yes“

The reasons for your symptoms probably are non-allergic. In this case, a cold induced by a virus very often is the reason for nasal problems. The cause has to be diagnosed by a practitioner. Don't wait too long. A rhinitis takes all the pleasure and fun. In most cases the doctor is able to recommend an effective medication.