

Allergies getting in your way?

**Find a Treatment That
Meets Your Allergy Needs**



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3 WAYS TO HELP WITH ALLERGIES

If you're one of the 20% to 25% of Canadians who suffer from allergic rhinitis (or "hay fever"), you know how miserable it can make you feel. Whether you have allergic rhinitis or another type of allergy, you'll do anything to feel better. But not just anything works.

There are typically 3 ways to help with allergies

1
AVOIDANCE

2
SYMPTOM RELIEF

3
DESENSITIZATION

option 1

AVOIDANCE

When you know you're allergic to something (which is called an **allergen**), it's important to try and avoid it as best you can. Of course, that's not always easy to do, especially if you're not sure what's causing your allergy.

Just think of all the allergens you could be allergic to, including



OUTDOOR ALLERGENS

(for example, tree, grass, or ragweed pollen)



INDOOR ALLERGENS

(like dust mites and other insects, mold, pets)



FOOD ALLERGENS

(such as peanuts, tree nuts, milk, eggs, seafood, wheat)



option 2

ALLERGY SYMPTOM RELIEF

There are medicines you can take to help relieve symptoms.

They are often available as nasal sprays, drops, or pills. Some of these are available over the counter, while others can be prescribed by your doctor. Your doctor may recommend using more than one medicine at the same time.

Common treatments for allergy symptoms:



ANTIHISTAMINES

When you come in contact with an allergen, your body releases *histamine* to try to protect itself. The release of histamine causes many of the allergy symptoms you are familiar with, such as sneezing; runny nose; itchy, watery, red eyes; and itchy nose, palate, or throat.

Antihistamines block histamine to help relieve allergy symptoms.

Talk with your health care professional before taking any allergy medicines. All medicines have the potential to cause side effects or interact with other medicines you may be taking.

CORTICOSTEROIDS

When your body is reacting to an allergen, it makes *inflammatory* substances that can cause symptoms like nasal congestion, itchy eyes, and runny nose.

Corticosteroid nasal sprays have an anti-inflammatory effect that helps relieve your allergy symptoms.

COMBINATION DECONGESTANT/ ANTIHISTAMINE PRODUCTS

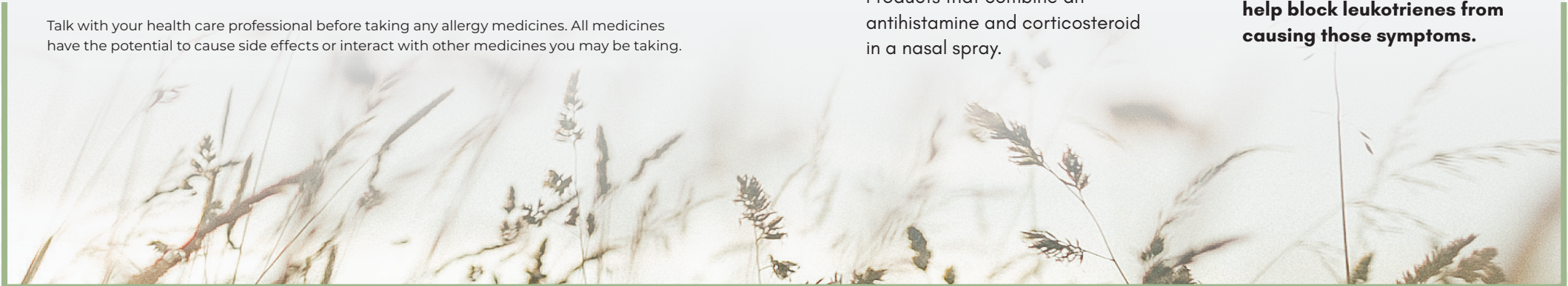
Products that combine a decongestant—which relieves a stuffy nose—and an antihistamine.

COMBINATION ANTIHISTAMINE/ CORTICOSTEROID PRODUCTS

Products that combine an antihistamine and corticosteroid in a nasal spray.

LEUKOTRIENE INHIBITORS

Another chemical that is part of your body's reaction to an allergen is called a *leukotriene*. When leukotrienes are released, they can cause allergy symptoms like nasal congestion, runny nose, nasal congestion upon awakening; tearing, itchy, red, and puffy eyes. **Leukotriene inhibitors help block leukotrienes from causing those symptoms.**

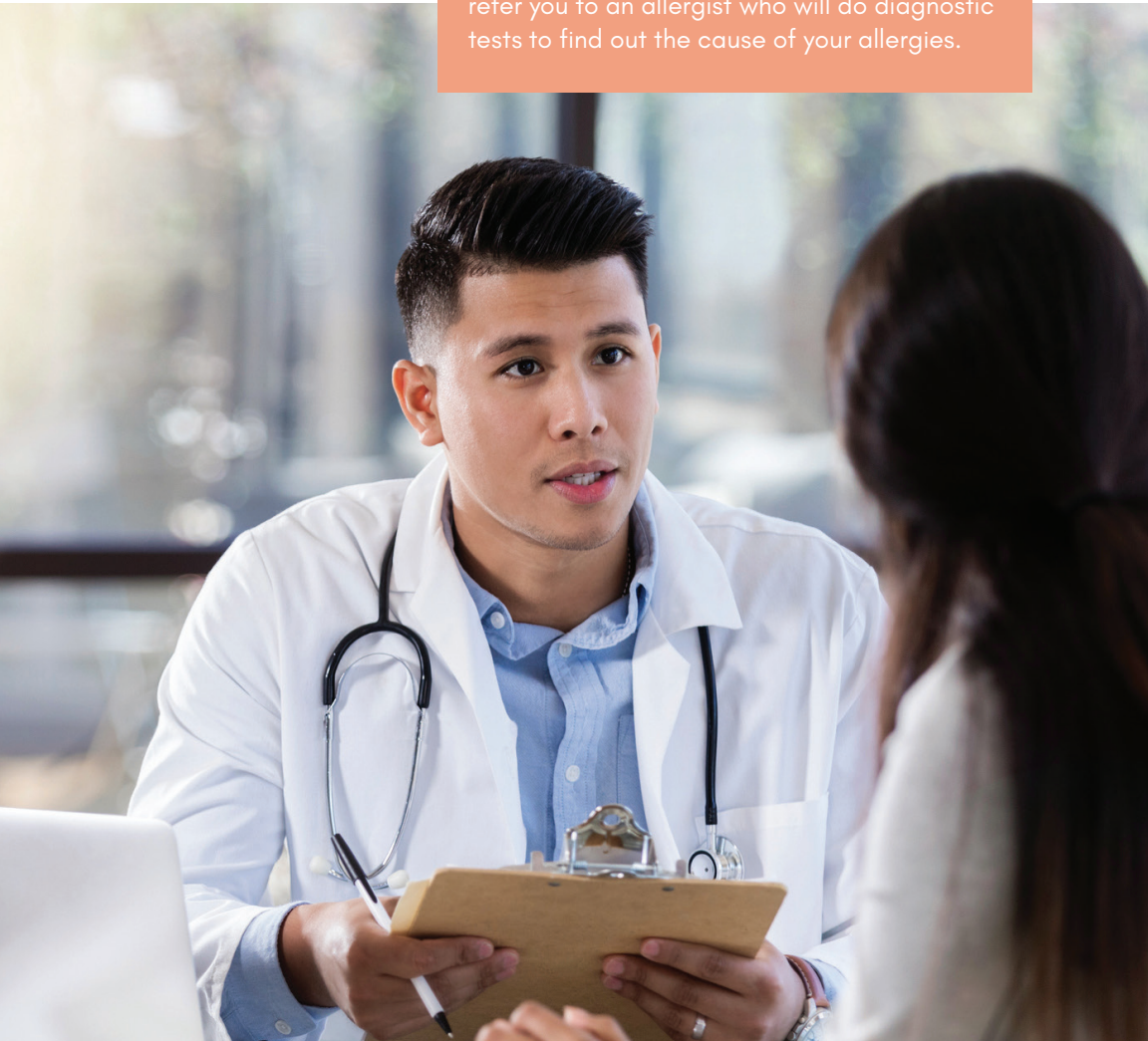


option 3

DESENSITIZATION

Allergy immunotherapy (or AIT) is also an option. AIT works by giving you repeated, small doses of an extract of the allergen that you're allergic to. Over time, this causes your immune system to become less sensitive and react less to an allergen.

Before getting AIT, it's important to find out what you're allergic to. Your doctor will likely refer you to an allergist who will do diagnostic tests to find out the cause of your allergies.



AIT COMES IN 2 FORMS:

allergy shots or sublingual tablets
(which dissolve under the tongue)

ALLERGY SHOTS



Allergy shots can be used for a variety of allergens, including pollen, pet dander, and dust mites. **Shots require going to the doctor as often as once a week.**

ALLERGY IMMUNOTHERAPY TABLETS



Sublingual tablets can be taken at home after the first dose, which is taken under your doctor's supervision. **These tablets target a single allergen that your doctor thinks is the main cause of your symptoms.**

Even if your doctor recommends AIT treatment, they may still suggest you continue to take allergy symptom relief treatments, too.

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Working with your allergy specialist is the best way to find out what works for you, from allergy avoidance to AIT.