

OHSU Allergy and Immunology

Treatment for Allergic Rhinitis

Allergic rhinitis is a common condition that can cause symptoms such as sneezing, runny nose, congestion, and itching of the nose and eyes. There are several treatments that can help manage these symptoms, including:

Intranasal corticosteroids: These medications are sprayed into the nose to reduce inflammation and swelling in the nasal passages.

Antihistamines: These medications block the effects of histamine, a substance that is released by the immune system in response to an allergen. They are available in oral form, as well as in eye drops and nasal sprays.

Intranasal antihistamines: These medications are sprayed into the nose and work similarly to oral antihistamines by blocking the effects of histamine.

Subcutaneous immunotherapy: This treatment involves injections of allergen extracts over a period of time, gradually increasing the amount given. This helps the body build up tolerance to the allergen and reduces symptoms over time (typically 3-5 years). Subcutaneous immunotherapy is usually administered by an allergist or otolaryngologist.

Sublingual immunotherapy: This treatment involves placing a tablet or liquid containing allergen extracts under the tongue for a period of time (typically 3-5 years). Like subcutaneous immunotherapy, it helps the body build up tolerance to the allergen and reduces symptoms over time.

Montelukast: This medication works by blocking the action of leukotrienes, which are substances that cause inflammation in the airways.

It is important to work with your healthcare provider to determine the best treatment plan for your individual needs. They can help you weigh the benefits and risks of each treatment and develop a plan that works best for you.

Sources

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