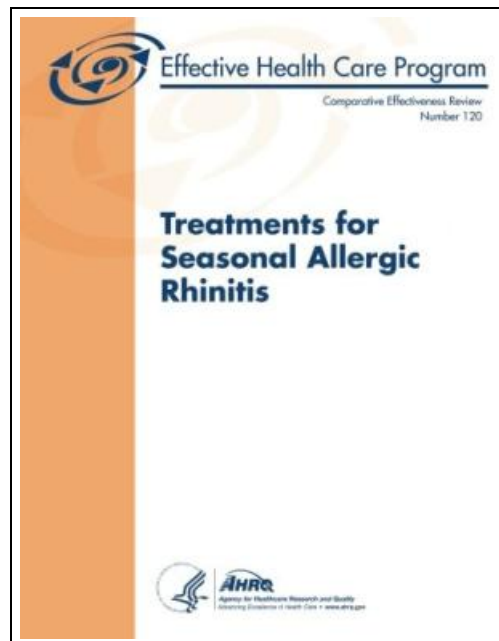


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(Lisa Jacobs)

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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Seasonal allergic rhinitis (SAR), also known as hay fever, is an allergic reaction in the upper airways that occurs when sensitized individuals encounter airborne allergens (typically tree, grass, and weed pollens and some molds). Although pollen seasons vary across the United States, generally, tree pollens emerge in the spring, grass pollens in the summer, and weed pollens in the fall. Outdoor molds generally are prevalent in the summer and fall. SAR is distinguished from perennial allergic rhinitis (PAR), which is triggered by continuous exposure to house dust mites, animal dander, and other allergens generally found in an individual's indoor environment. Patients may have either SAR or PAR or both (i.e., PAR with seasonal exacerbations). The four defining symptoms of allergic rhinitis are nasal congestion, nasal discharge (rhinorrhea), sneezing, and/or nasal itch. Many patients also experience eye symptoms, such as itching, tearing, and redness. Additional signs of rhinitis include the allergic salute (rubbing the hand against the nose in response to itching and rhinorrhea), allergic shiner (bruised appearance of the skin under one or both eyes), and allergic crease (a wrinkle across the bridge of the nose caused by repeated allergic salute). SAR can adversely affect quality of life, sleep, cognition, emotional life, and work or school performance. Treatment improves symptoms and quality of life. Treatments for SAR include allergen avoidance, pharmacotherapy, and immunotherapy. Although allergen avoidance may be the preferred treatment, for SAR, total allergen avoidance may be an unrealistic approach, as it may require limiting time spent outdoors. Thus, pharmacotherapy is preferable to allergen avoidance for SAR symptom relief. Although there are multiple guidelines for the treatment of allergic rhinitis, the guidelines are not consistently based on systematic reviews of the...



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