

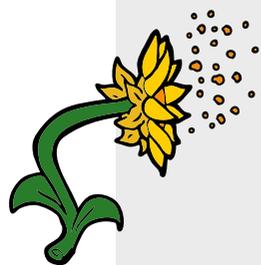


ALPINE  
APOTHECARY

*Guide to*

**ALLERGIES**

# WHAT ARE ALLERGIES?



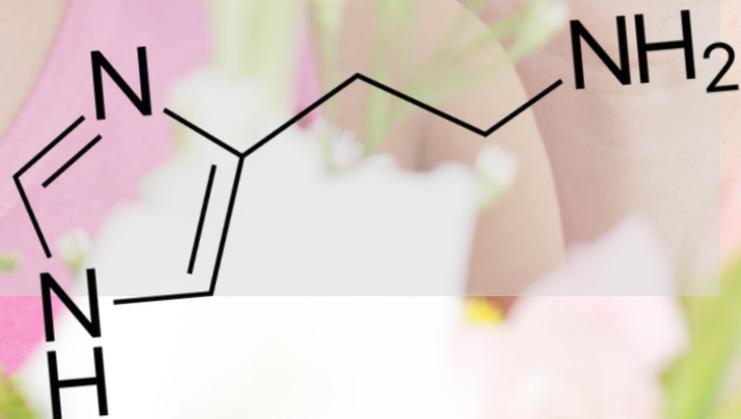
Our body comes into contact with harmless substances like pollen, grasses and other irritants.



Our body mistakes these as intruders.



Our immune system goes into "defense" mode leading to the eventual release of HISTAMINE...lots of HISTAMINE!



# OPTIONS

Topical Nasal Saline

Topical Steroids

Oral Anti-histamines

Oral Mast Cell Stabilization

Non-Medication lifestyle tips



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# NASAL SALINE

- Non-medication option
- Safe for all ages
- Flushes out the nasal hairs that do the filtering in your nose



Squirt  
bottle



Fine Mist  
Spray bottle



Weekly  
sinus rinse



# NASAL STEROIDS

- Treats nasal inflammation
- Should be used consistently for desired effect
- Onset of relief in days - not immediate
- Once daily dosing
- Can dry the nasal area leading to nose bleeds



# NASAL DECONGESTANTS

## SHORT TERM USE

- shrinks the enlarged blood vessels that are causing congestion with **QUICK** onset and relief
- use for less than 3 days only
  - can cause rebound congestion if used longer
- short term symptomatic relief only
- does not get to the root of allergies



# ORAL ANTIHISTAMINES

## First Generation

- Gold Standard
  - Benadryl (diphenhydramine)
- Commonly causes drowsiness
- MOST effective at blocking histamine

## Second Generation

- Developed as non-drowsy once daily options
  - Zyrtec (cetirizine)
  - Allegra (fexofenadine)
  - Claritin (loratadine)

# *Summary* ORAL ANTI-HISTAMINES

## Benadryl (diphenhydramine)

- MOST drowsiness
- dosed every 4-6 hours
- best for acute allergic reactions

## Zyrtec (cetirizine)

- 5-10% of users experience drowsiness
- dosed once daily
- best for night-time allergies taken at bedtime

## Allegra (fexofenadine)

- No drowsiness
- dosed once daily
- quickest onset of the once daily meds

## Claritin (loratadine)

- NO drowsiness
- dosed once daily
- least effective of the 2nd generation options

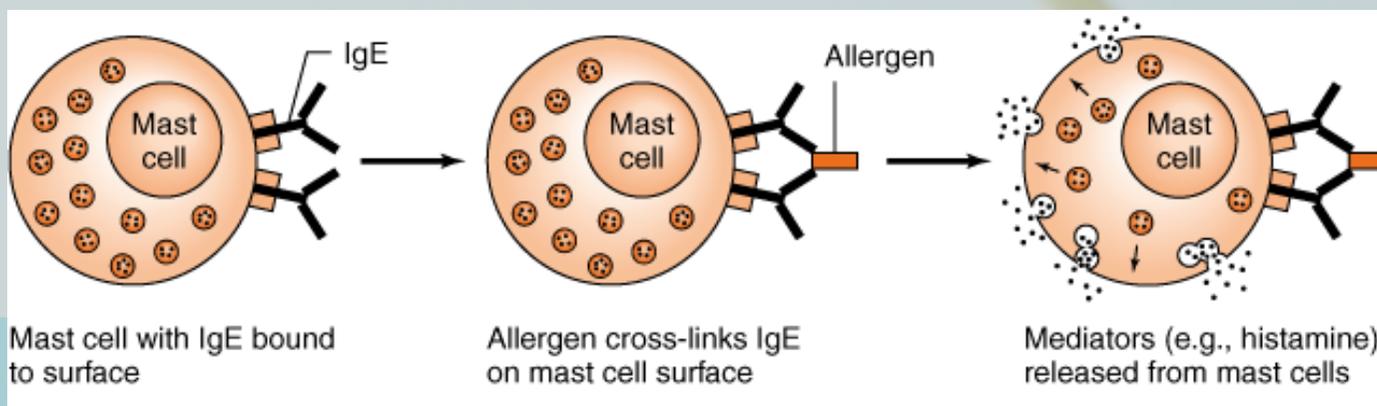
# MAST CELL STABILIZATION

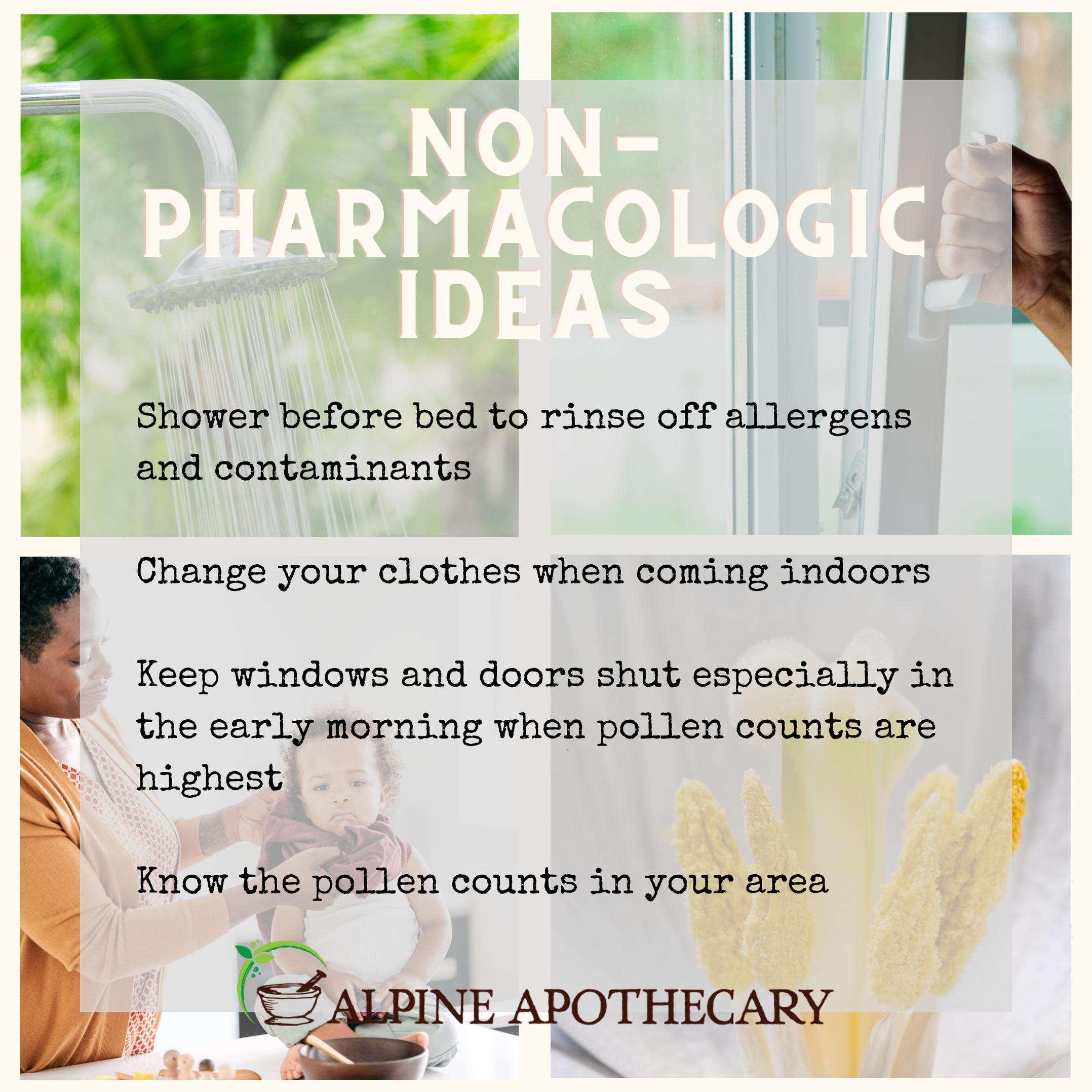
Prescription ONLY

Singulair (monteleukast)

When the allergen attaches to the mast cell it triggers a release of histamine.

Monteleukast stabilizes the mast cells from releasing histamine





# NON- PHARMACOLOGIC IDEAS

Shower before bed to rinse off allergens and contaminants

Change your clothes when coming indoors

Keep windows and doors shut especially in the early morning when pollen counts are highest

Know the pollen counts in your area



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