



Fall Pollens

Hay Fever for All Seasons

Hay fever refers to allergic rhinitis which is an inflammatory immune system response to seasonal environmental pollens. Trees, grasses and weeds have windborne pollen. According to an individual's sensitivity, their particular hay fever season happens when the plant/s that affect him or her pollinate. Pollens that are light enough to be windborne are the offenders for most hay fever sufferers. Airborne pollens are found indoors and outdoors and are most numerous at the height of the pollinating season for the particular plant

Chronic sinusitis (inflammation of the sinuses), headaches, ear problems and sleep disturbances as well as asthma are some of the complications of hay fever attacks.

What are the symptoms of hay fever?

Sneezing, sneezing and more sneezing are the most common signs and symptoms of hay fever. Common symptoms of respiratory allergies include sneeze, watery, weepy eyes, cough, runny nose, postnasal drip, and itchy, irritation of the ears, nose and throat. Night-time symptoms and difficulty breathing due to obstruction of the nose may can interfere with sleep. Some secondary symptoms may include fatigue, headaches, and itchy skin.

Hay fever and respiratory allergies can also aggravate existing health problems and may lead to the loss of time from work and school.

What Causes Hay fever?

Researchers have yet to clearly understand why some people's immune systems over-react to exposure to pollens and other environmental elements, while other people do not suffer from this problem.

It is hard to identify the exact cause of respiratory allergies; however, heredity does seem to play a role, as do environmental factors.



Antihistamines can be useful provided they are taken in doses small enough to avoid side effects. Regular use of a single bedtime dose may be helpful and will avoid unnecessary daytime sleepiness. In addition, regular use during the season of prescription nose sprays may be to be used in addition to or as an alternative to antihistamine.

Avoiding the offending substance is the best way to control hay fever. Remember that the plant pollens and fungus spores that cause the symptoms originate mainly outdoors. Keep windows closed to limit indoor exposure and when using a single unit window-type air conditioner, remember to keep the vent closed.