



Impact of Treating Allergies On Asthma

Anyone who has asthma should have an allergy assessment done. Allergy occurs when the body's defense system overreacts to a substance that is inhaled, touched or swallowed. If you develop an allergy, you produce an antibody called immunoglobulin E, or IgE for short. When you come into contact with an allergen again, these antibodies cause chemicals to be released, which leads to inflammation. Common allergic reactions are from dust mites, cockroaches, tree, grass or weed pollen, and animal dander.

If you have asthma and have not had an allergy test done talk to your doctor about getting one. If you have had a positive allergy test, then you should attempt to avoid that specific allergen or at least reduce your exposure to it. Sometimes it is difficult to avoid allergens such as pollen; thus the need for medical treatment. Antihistamines and nasal corticosteroids are commonly prescribed for allergic rhinitis.

Rhinitis will interfere with the normal functioning of the nose resulting in cool, dry, and unfiltered air to reach the lungs. This will cause irritation of the airways of a person with asthma and result in increased asthma symptoms. It is important to recognize if you suffer from these conditions, since it is often very difficult to improve asthma control when there is a chronic, even mild, sinusitis. Some people with severe asthma have dramatic improvement of their symptoms when their rhinitis treated.

For More Information:

Contact the Asthma Society of Canada at 1-866-787-4050 or visit www.Asthma.ca.