Allergic Rhinitis
- inflammation of nasal airway due to inhaled allergen
- allergens
  - seasonal: pollen
  - perennial: house dust, animal dander
- treatment
  - eliminate allergen
  - medication

Antihistamines (H₁-receptor antagonists, H₁-blockers)
  Effects - antihistaminic
  - ↓ capillary permeability
  - vasoconstriction
  - bronchodilation
  - ↓ sensitivity of cutaneous nerve endings
  - anticholinergic
  - sedation

ADR’s
- sedation (?)
- anticholinergic
- toxicity
- intranasal form ADR’s:
  - epistaxis (nosebleed)
  - nasal discomfort, headache
  - somnolence

Intranasal Corticosteroids
  Effects
  - ↓ itching, ↓ sneezing, ↓ nasal congestion

ADR’s
- dryness, irritation, burning of nasal mucosa
- sore throat, headache
- epistaxis

Leukotriene Modifiers - montelukast (Singulair)
  Effects
  - ↓ itching, ↓ sneezing, ↓ nasal congestion

ADR’s
- generally well tolerated
Mast Cell Stabilizers
Effects
inhibits mast cell degranulation (↓ release of histamine)

ADR’s
generally well tolerated

Intransal Anticholinergic Drugs
Effects
↓ secretions (↓ rhinorrhea - “runny nose”)

ADR’s
xerostomia
epistaxis

Decongestants (Oral Dose Form)
Effects (α-adrenergic agonists, sympathomimetic agents, “SANS +”)
vasoconstriction of nasal mucosa → ↓congestion, ↓sneezing, ↓ mucous discharge

ADR’s
insomnia, excitability, headache, nervousness
anorexia, palpitations, tachycardia

Decongestants (Intranasal Dose Form)
Effects
same as oral dose form

ADR’s
less likely to have systemic effects (see ADR’s for oral dose form)
stinging, burning of nasal mucosa
sneezing
dry throat / dry nose

DH Concerns
Antihistamines - sedation, xerostomia
Ipratropium - xerostomia
“post-nasal drip”