

DRUGS FOR THE TREATMENT OF ALLERGIC RHINITIS

CHAPTER 20

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

Intranasal 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"