

Let's keep those spring allergies at bay



Sanjay Patel, pharmacist, Apollo Pharmacy talks about the common allergies associated with spring and shares valuable tips on keeping allergies at bay.



What are some of the most common allergies one should be mindful of during the spring?

Many people get coughs and head congestion during the spring. Besides that they may also experience mucus production in the nose and lungs, redness, and itchiness in the eyes. Asthma, Rhinovirus, Lyme Disease, Gastroenteritis, sore throat, Conjunctivitis, Insect Allergies are other common allergies associated with spring.

Why do they happen?

They commonly happen due to the transfer of germs from one carrier to the other. However, there could be underlying causes as well. Pollen is a very common allergen. Other allergens are animal fur, dust and smoke. It is very easy to avoid allergies if these allergies are identified and kept away from.

Who is vulnerable to allergies the most?

It cannot be determined that way. However, factors like immunity strength, age of the person, medical conditions and genetics can contribute to these health conditions.

What factors trigger these allergies in this season?

Pollen is the most common allergen in seasonal allergic rhinitis, other than that dust mites and mold are also known triggers.

What are some of the preventive measures or home remedies for someone who cannot go to a pharmacy?

Try using an air conditioner instead of opening your windows. If possible, add a filter designed for allergies and also limiting carpet in your home can also be useful.

What are some of the medications available to treat them?

Most anti-allergic medications will give symptomatic relief.

When and how should they be consumed?

Medication dosage will depend on the medication itself. Taking pharmacist advice is crucial.

Are they prescription medicines or OTC?

Yes. There are several prescription and non-prescription medications available at most pharmacies. Discuss the symptoms with an expert while choosing a medicine.

What can Apollo Pharmacy do to help people cure allergies?

We, at Apollo Pharmacy, have different types of anti-allergic medication and pharmacists on duty will help you select the best suitable medication for you after checking interactions with your current medications.

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