

# KPP *Klinical Update*

## Seasonal Allergies

February 28<sup>th</sup>, 2012

How to Make the Best of a Miserable Situation



For one in three Americans, April showers bring much more than just May flowers.

As wind pollinated trees, plants, and grasses grow, the pollen they produce fills the air and comes into contact with the body's mucus membranes in the upper respiratory tract and eyes. Over years of exposure, the body forms antibodies to these pollens which, when attached to pollen particles, react with mast cells in the body and cause the release of histamine. In turn, histamine causes inflammation (restricted airways), mucus formation (runny nose), and irritation (itchy eyes).

There are several medications available to treat the symptoms of seasonal allergies. The chart below lists most common therapies and whether or not a prescription is needed to purchase them.

By Prescription Only	Medication Class
Clarinet, Xyzal	Antihistamine
Elestat, Optivar, Patanal, Pataday	Antihistamine Eye Drops
Flunisolide (Nasarel), fluticasone (Flonase), Nasacort AQ Nasonex, Rhinocort Aqua, Veramyst, Beconase AQ, Omnaris	Inhaled Steroid
Astelin	Antihistamine\Mast cell stabilizer
Singulair	Leukotriene Inhibitor
Over the Counter	Medication Class
<b>Chlorpheniramine (Chlor-Trimeton), clemastine (Tavist), cetirizine (Zyrtec), diphenhydramine (Benadryl), fexofenadine (Allegra), loratadine (Claritin) [bolded cause sedation]</b>	Antihistamine
Murine Allergy, Naphcon A,	Antihistamine Eye Drops
Zaditor	Antihistamine eye drop\Mast cell stabilizer

### Tips to reduce exposure to allergens

- Refrain from driving with the windows down and keep your house windows closed. Take advantage of your house and car's air conditioning and filtration system to reduce pollen in the air
- Change the air filter in both your house and car (if applicable)
- Stay indoors on dry windy days
- Wear a dust mask while doing chores outside
- Delegate gardening and lawn care to someone else who doesn't have allergies
- Take a shower and put on clean clothes when returning home for the evening

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