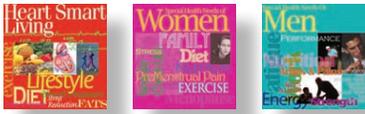


...and we've arranged all of our non-prescription medicines by the specific health conditions that interest you most



products for
Heart Smart Living

products for
Women's Health Needs

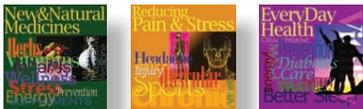
products for
Men's Health Needs



products for
Better Breathing

products for
Skin & Hair

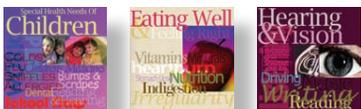
products for
Bones, Joints & Body Frame



products for
Natural Medicines

products for
Relieving Pain & Stress

products for
EveryDay Health & Wellness



products for
Children's Health Needs

products for
Eating Well & Feeling Right

products for
Hearing & Vision



Cass Street Pharmacy
(at the corner of 6th and Cass Street)
528 Cass Street
La Crosse, WI 54601
(608) 784-9922

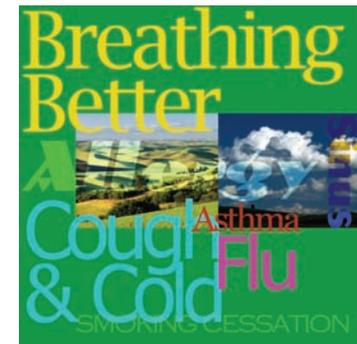
HOURS: 9AM-6PM M-F • 9AM-1PM Sat

visit us on the web at
www.cassstpharmacy.com

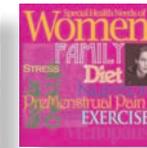
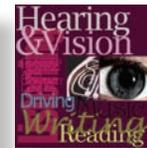
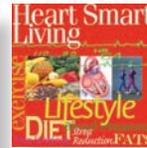
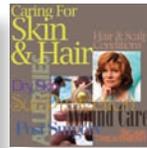
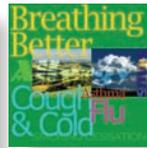
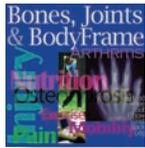
MedPaks Division
Tel: (608) 793-1828



**Facts About
Hay Fever**
(Allergic Rhinitis)



 **Cass Street
Pharmacy**



What is Allergic Rhinitis?

- Allergic rhinitis is a collection of symptoms, predominantly in the nose and eyes, caused by airborne particles of dust, dander, or plant pollen in people who are allergic to these substances
- When these symptoms are caused by pollen, the allergic rhinitis is commonly known as “hay fever”

Quick FACTS about Allergic Rhinitis

- 26 million Americans suffer from chronic seasonal allergies, according to the National Center for Health Statistics
- 40 million more have milder symptoms, but symptoms nonetheless
- Hay fever costs hundreds of millions of dollars each year in medicine, doctor bills, and lost work productivity
- Hay fever can develop at any stage in life

What causes Allergic Rhinitis?

It is caused by an oversensitive immune system, leading to a misdirected immune response. The immune system normally protects the body against harmful substances such as bacteria and viruses. Allergy occurs when the immune system reacts to substances (*allergens*) that are generally harmless and in most people do not cause an immune response.

What are the symptoms of Allergic Rhinitis

- Coughing
- Runny nose
- Tearing eyes
- Itching
- Sneezing
- Stuffy nose

What are the treatments for Allergic Rhinitis

- The best way to treat allergic rhinitis is by preventing it. The best way to prevent this disease is by avoiding the substance that triggers the symptoms.
- Medications used for treatment include antihistamines, cromolyn sodium, decongestants, leukotriene inhibitors, and corticosteroid sprays.
- Common side effects of these medications include drowsiness with the antihistamines, nasal irritation with nasal sprays, and tearing with eye drops.

How is Allergic Rhinitis Diagnosed?

- The history of a person’s symptoms is important in diagnosing allergic rhinitis.
- Allergy testing may reveal specific allergens to which a person is reacting.
- Skin testing is the most common method of allergy testing.

What are the expectations of Allergic Rhinitis?

- Most symptoms of allergic rhinitis can be readily treated.
- In some cases (*particularly children*), people may outgrow an allergy as the immune system becomes less sensitive to the allergen. However, as a general rule, once a substance causes allergies for an individual, it can continue to affect the person over the long term.
- Most severe cases of allergic rhinitis require immunotherapy (*allergy shots*) or removal of tissue in the nose (*e.g., nasal polyps*) or sinuses.