Self Treatment for Seasonal Allergies

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Agenda Topics

- Oral Antihistamines and Decongestants
- Nasal Sprays
- Eye drops
- Non-drug Alternatives
  - Neti pot
  - Local Honey
  - herbal
Seasonal Allergies

40 Million people in the US experience significant symptoms

More common when younger; symptoms usually peak in your 20’s and gradually decrease as you get older

Triggers are mold or pollen from trees, grass, ragweed

Warm, windy days are the worst!

http://acaai.org/allergies/types/seasonal
Why do we get allergies?

Allergies are the result of an inappropriate reaction from the immune system.

Immune system mistakenly identifies the allergen as a harmful invader to the body.

The immune reaction triggers release of chemicals that cause sneezing, nasal stuffiness, itchy, watery eyes...
• Antihistamines work by blocking histamine receptor sites
• They do not reduce amount of histamine
1st Generation Antihistamines

diphenhydramine
chlorpheniramine
brompheniramine
triprolidine

• Cause drowsiness
• Very drying
• Short acting
• Effective!
New Generation Antihistamines

<table>
<thead>
<tr>
<th>Fexofenadine Allegra</th>
<th>Loratadine Claritin</th>
<th>Cetirizine Zyrtec</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Allegra Allergy" /></td>
<td><img src="image2" alt="Claritin" /></td>
<td><img src="image3" alt="Zyrtec" /></td>
</tr>
<tr>
<td>Non-drowsy</td>
<td>Non-drowsy</td>
<td>May cause drowsiness</td>
</tr>
<tr>
<td>Works in 1 hour</td>
<td>Works in up to 2 hours</td>
<td>Works in 1 hour</td>
</tr>
<tr>
<td>May be less effective if taken with fruit juice, antacids or high fat food</td>
<td>Take regardless of food</td>
<td>Take regardless of food</td>
</tr>
</tbody>
</table>

All 3 products are approved for age 2 and older
All products are long acting and last 12 to 24 hours
Oral Decongestants

When do you need a decongestant?

• If nasal stuffiness is still a problem despite taking an antihistamine

Decongestants improve nasal ventilation by shrinking swollen nasal mucosa and relieves “stuffy feeling”
# Sudafed vs Sudafed PE

![Sudafed](image1.png)  
![Sudafed PE](image2.png)

<table>
<thead>
<tr>
<th>Pseudoephedrine is referred to as the “Real Sudafed”</th>
<th>Phenylephrine is Sudafed PE</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Requires ID to purchase</td>
<td>• No ID required</td>
</tr>
<tr>
<td>• Behind pharmacy counter</td>
<td>• Greater ↑ in blood pressure</td>
</tr>
<tr>
<td>• More effective than Sudafed PE</td>
<td>• Less effective</td>
</tr>
</tbody>
</table>

Both products may cause insomnia
Do not use either product if enlarged prostate or closed angle glaucoma
Oral Decongestants

Decongestants such as Sudafed can be added on to antihistamines or take a combination product that includes the pseudoephedrine.
Nasal Sprays

Decongestants

Corticosteroids

NasalCrom
Nasal decongestant sprays

- **12 hour (Oxymetazoline)**
  - Afrin, Dristan
- **4 hour (Phenylephrine)**
  - Neo-Synephrine, 4-Way

- Works immediately to clear nasal stuffiness
- Formulations for children and adults
- Do not use longer than 3 days in a row!
NasalCrom (Cromolyn)

- Works by reducing release of histamine
- Use up to a week before allergy exposure
- Takes 1 to 2 weeks to give best results
- Use 3 to 4 times per day (max 6 times per day)
- 2 years and older
Corticosteroid Nasal Sprays

Pro’s
- Most effective non-prescription allergy remedy for both runny and stuffy nose
- Works 24 hours a day, non-drowsy

Con’s
- Can cause drying, burning & nose bleeds
- May take a few days to become effective
- Do not use if cataracts or glaucoma
- Under age 12, do not use for >2 months due to risk of slowed growth rate
## Compare Steroid Sprays

<table>
<thead>
<tr>
<th></th>
<th>Nasacort</th>
<th>Rhinocort</th>
<th>Flonase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>2 years and older</td>
<td>6 years and older</td>
<td>4 years and older</td>
</tr>
<tr>
<td>Alcohol</td>
<td>Alcohol free</td>
<td>Alcohol free</td>
<td>Contains alcohol</td>
</tr>
<tr>
<td>Ocular</td>
<td>Not indicated for ocular symptoms</td>
<td>Not indicated for ocular symptoms</td>
<td>treats itchy, watery eyes</td>
</tr>
</tbody>
</table>
# Eye Drops

<table>
<thead>
<tr>
<th>Pheniramine / naphazoline</th>
<th>Ketotifen</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="#" alt="Opcon-A" /></td>
<td><img src="#" alt="Zaditor" /></td>
</tr>
<tr>
<td><img src="#" alt="Naphcon A" /></td>
<td><img src="#" alt="Claritin Eye" /></td>
</tr>
<tr>
<td><img src="#" alt="Visine-A" /></td>
<td><img src="#" alt="Zyrtec" /></td>
</tr>
<tr>
<td><img src="#" alt="Alaway" /></td>
<td><img src="#" alt="Alaway" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Antihistamine + ocular decongestant</strong></th>
<th><strong>Antihistamine</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Short acting, use up to 4 times per day</td>
<td>Long acting, use up to 2 times per day</td>
</tr>
<tr>
<td>Removes redness</td>
<td>Does not remove redness</td>
</tr>
<tr>
<td>Age 6 and older</td>
<td>Age 3 and older</td>
</tr>
<tr>
<td>May cause rebound redness, Do not use if glaucoma</td>
<td></td>
</tr>
<tr>
<td>Wait at least 10 min before inserting contact lenses</td>
<td></td>
</tr>
</tbody>
</table>
## Recommendation Summary

<table>
<thead>
<tr>
<th></th>
<th>Mild / Mod Intermittent</th>
<th>Mild / Mod Persistent</th>
<th>Mod / Severe Intermittent</th>
<th>Mod / Severe Persistent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult</strong></td>
<td>Antihistamine + / - decongestant</td>
<td>Corticosteroid nasal spray or Antihistamine +/- decongestant or NasalCrom</td>
<td>Corticosteroid nasal spray or Antihistamine +/- decongestant</td>
<td>Corticosteroid nasal spray</td>
</tr>
<tr>
<td><strong>Child</strong></td>
<td>Antihistamine + / - decongestant</td>
<td>Antihistamine +/- decongestant or NasalCrom</td>
<td>Corticosteroid nasal spray or Antihistamine +/- decongestant</td>
<td>Corticosteroid nasal spray or Antihistamine +/- decongestant</td>
</tr>
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Natural Remedies

• Saline Nasal irrigation
  – *does a Neti Pot really work?*

• Raw local honey
  – What is the evidence?

• Herbal
  – Butterbur
Saline Nasal Irrigation

• The Neti Pot originated from Ayurvedic yoga in ancient India thousands of years ago
• “Neti” means nasal cleansing and comes from the Sanskrit term Jala Neti “to guide water”

Does is work for allergies? Is it safe? What is the evidence?
Saline Nasal Irrigation

- Studies indicate saline nasal irrigation does improve nasal allergy symptoms by 28% and reduces need for medication by 62%
- Must use distilled water or boil tap water for at least 5 minutes!
- Pediatric size for children age 4 and older

Neti Pot style uses gravity (gentle)

Squeeze bottle style uses positive pressure
Raw Local Honey

What does honey have to do with allergies?

- Raw honey contains very small amounts of pollen. The idea is to desensitize your body to pollen by introducing tiny amounts on a regular basis—similar to allergy shots. The honey should be local to contain local pollen.

What does the evidence say...
Raw Local Honey

*Benefit is not consistently seen in studies. Why?*

- Pollen in honey is predominantly from flowers that bees pollinate
- Most people are not allergic to this type of pollen
- Pollen from grass, trees and weeds are found in only trace amounts in honey as they are present by accident
  - The amounts of these pollens are extremely varied in each batch
Butterbur

• Butterbur is an herb that is commonly taken to prevent migraines. It has also been shown to treat allergy symptoms.

• A European study compared Butterbur to Cetirizine (Zyrtec) and found that both controlled allergy symptoms about the same.

• Butterbur caused less drowsiness

• In a study comparing Butterbur to Fexofenadine (Allegra), Butterbur controlled allergies symptoms similar to Fexofenadine.

• Only use product that is certified and labeled “PA-free”
Questions?