

Allergies and Asthma

Complications of Allergies

Having allergic rhinitis can really affect your quality of life. If it's not treated, other complications can occur. Some of the most common complications of allergic rhinitis include colds, sinus infections, ear infections and worsening of asthma.

Asthma

The exact link between asthma and allergies is still not completely understood. We do know that about 30% of people with allergic rhinitis go on to develop asthma. We also know about 40% of people with asthma have symptoms that are triggered by allergies.

Sometimes, allergic reactions can extend from the nose and eyes to the chest. Some people who have allergy symptoms find that when the symptoms get severe, they progress to the chest and result in wheezing.

Colds

When you have allergic rhinitis, your nasal passages become swollen and inflamed. This swelling and inflammation may make it easier for viruses to infect the nose. This is one reason why people with allergies are more susceptible to getting colds and other respiratory infections.

Sense of Smell

About half of the people with allergic rhinitis complain about a loss of sense of smell. Most people believe that nasal congestion and inflammation are the reason, because these symptoms block the flow of air. However, most people report a return of their sense of smell when symptoms subside.

Sinusitis

Sinusitis, or inflammation of the sinuses, is another complication of allergic rhinitis. So aside from affecting your quality of life, allergic rhinitis, if left untreated, can lead to other medical problems. The best way to avoid these problems is to treat your allergies with avoidance measures and medication.

What are the Common Factors That Can Trigger my Asthma Symptoms?

- Colds (viral respiratory infections)
- Some types of exercise (e.g. running)
- Cigarette smoke
- Furry or feathered pets (e.g. cats, dogs, birds)
- Molds and fungi
- Pollens (from trees, grasses, weeds)
- Dust Mites
- Cockroaches
- Strong smells (e.g. exhaust fumes, perfumes, cleaning)

Additionally, sinus infections, changes in air temperatures, strong emotions, and certain medications can start asthma symptoms. Since a number of things can trigger asthma symptoms, it is important to work with your doctor/healthcare provider to identify them and to find ways to avoid them or remove them from your environment. In some cases, you may find that immunotherapy (i.e., allergy shots) is helpful if you are unable to avoid allergens that trigger your asthma.

In some cases, you may find that immunotherapy is helpful if you are unable to avoid allergens that trigger your asthma.

Make an appointment with Dr. Rheuark at (310) 373-8777.