

## Seasonal Allergies

*Ready or Not... Here they come!*

As we all know, with springtime comes sunshine, warmer weather, and of course allergy season. When seasonal allergies strike it can be a very frustrating time of the year for those who are affected. To prepare yourself for allergy season it is important to know what triggers your allergies, so you can develop strategies to avoid those triggers. It is also important to recognize and understand your symptoms so that you can appropriately treat them.



### Seasonal allergy triggers

Seasonal allergies, also known as allergic rhinitis, are triggered by airborne allergens. Common triggers include:

- ◆ Pollen
- ◆ Pet dander
- ◆ Mold
- ◆ Dust mites

There are many steps you can take to avoid your triggers. If you notice your symptoms develop outside, likely the source is an airborne allergen like pollen. Cutting down the time you spend outside can help ease your symptoms, especially when pollen counts are high such as in the morning and the evening. Keeping your windows closed at home and in your car can help you avoid exposure to outdoor allergens. If you notice your symptoms develop inside your home, mold, dust, and/or pet dander may be the cause. Using a dehumidifier can cut down on mold, and vacuuming weekly can help prevent the accumulation of dust and other allergens. If you routinely have seasonal allergies, investing in HEPA (high-efficiency particulate air) filters may be worth the money to remove pollen, mold spores, and other allergens from the air in your home.

### Alleviating the symptoms of seasonal allergies

Avoiding whatever triggers your allergies is the best way to prevent symptoms from occurring, but there are medications that can help provide some relief. The most common symptoms of seasonal allergies include:

- ◆ Sneezing
- ◆ Watery eyes

- ◆ Itchy eyes, nose, or throat
- ◆ Runny nose
- ◆ Nasal congestion



With several medications available, it is important to select the one that will alleviate your specific symptoms. Antihistamines are oral medications available over the counter that can help with any sneezing, itchy, or watery eye symptoms. Loratadine (Claritin®), cetirizine (Zyrtec®), and fexofenadine (Allegra®) are examples of oral antihistamines that are nonsedating and ideal to take for relief during the day. If you have any nasal congestion, these products are available behind the counter as combination products with a second ingredient called pseudoephedrine, which helps dry up your nasal passageways and relieve any stuffiness. If you only have nasal congestion without any of the other symptoms, it is best to avoid buying a combination product and you can buy pseudoephedrine alone. A nasal spray called Nasacort® is also available over the counter to help alleviate any nasal symptoms associated with allergies. Some people use nasal saline sprays or Neti-pots to remove allergens from the nose and improve nasal symptoms.



If you are interested in a more natural solution for your allergy symptoms, we have Ortho Molecular Products® available at Sand Run Pharmacy. Natural D-Hist™ is a formulation that contains vitamin C, quercetin dihydrate, stinging nettles leaf, bromelain, and N-acetyl cysteine. It is designed to support the nasal and sinus passageways during seasonal changes. Sinatrol is another product that relieves nasal drainage and sinus pressure to promote healthy sinus function. If you have any questions about these Ortho Molecular Products® and your allergy symptoms, don't hesitate to ask us.

Developing the right strategy to avoid your allergy triggers is the first step to treat your seasonal allergies. However, if you require some symptom relief there are many medications available over the counter here at Sand Run Pharmacy. Please stop in and our pharmacy team can help you navigate all the products to choose the one that is best for you and your seasonal allergies.

## Celebrating 10 years

Jason Sloan PharmD, RPh is celebrating 10 years at Sand Run Pharmacy! Stop in and congratulate him on his milestone here at the store!



### About Jason

Jason Sloan received his Pharm D from Ohio Northern University in 2005, in Ada, Ohio. As part of his pharmacy training, he completed a rotation at Sand Run Pharmacy with Tom and Meg. Soon after graduation, Jason passed his pharmacy boards and wed his ONU sweetheart, Arin Riddle. Jason has been serving the West Akron community as part of the Sand Run Pharmacy team ever since!

Jason and Arin Sloan reside in Copley. They are the proud parents of three boys: Gregory (7), Benjamin (4), and William (1).

## Up Coming Events:

- ♦ 2015 Senior Luncheon Series  
May 6th, Wednesday  
Doors open at 11am  
Todaro's Party Center  
1820 Akron Peninsula Road  
For more information visit:  
WAKR 1590
- ♦ 14th Annual Pet Expo, WAKR  
June 6th, Saturday  
10AM to 4 PM  
Hardesty Park, Akron



### Holiday Hours:

May 23rd, Saturday: 9am to 2pm  
May 25th, Monday: Closed  
May 26th, Tuesday: 9am to 7pm



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