

RESPIRATORY ALLERGIES

What is a respiratory allergy?

A respiratory allergy is a specific immunologic response to a normally harmless allergen. These allergies often affect the respiratory system of an individual.

Some common allergens that can cause respiratory allergies:

- Pollen
- Dust particles
- Mold spores
- Latex rubber
- Insect venom
- Medicines
- Chemicals

Some symptoms of respiratory allergies include:

- Sneezing (sometimes with runny or clogged nose)
- Coughing and postnasal drip
- Itching eyes, nose, and throat
- Allergic shiners (dark circles under the eyes)
- Watering eyes
- Conjunctivitis (inflammation of membrane that lines eyelids, causing red-rimmed and swollen eyes, and crusting of the eyelids)

Treatment

There are three different general approaches to treating allergies:

1. Advising avoidance
2. Prescribing medication
3. Providing allergy shots

**If you would like more information, please contact
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