

April is Allergic Rhinitis Awareness Month

At the State Employees' Insurance Board (SEIB)
State Wellness Center: Healthcare Clinic and Pharmacy

Allergic Rhinitis Symptoms

- ❖ Itchy eyes/nose/throat
- ❖ Runny nose
- ❖ Sneezing
- ❖ Watery eyes
- ❖ Stuffy nose
- ❖ Coughing
- ❖ Clogged ears
- ❖ Sore throat
- ❖ Headache

Wellness Center Hours:

Monday-Wednesday, Friday
8:00 am to 5:00 pm
Thursday
9:00 am to 5:00 pm

(334) 263-8470

Pharmacy Hours:

Monday-Wednesday, Friday
7:30 am to 5:30 pm
Thursday
9:00 am to 5:30 pm

(334) 263-8460



All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. Don't delay! Schedule your appointment online and come visit the State Wellness Center today for your free health screening!

We can help you become more involved in your treatment and a more knowledgeable patient. Let us educate you on your medications and help you monitor your health conditions more closely. Call today to set up your FREE visit with a pharmacist here at the State Wellness Center.

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY*** delivery for your prescriptions! *Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

rx@alseib.org

www.alseib.org

What is Allergic Rhinitis?

- ❖ Group of symptoms that affect the nose
- ❖ Symptoms occur when you breathe in something you're allergic to (dust, dander, pollen)
- ❖ Also commonly called allergies or hay fever

Predisposing Factors:

- ❖ Family history, including the following:
 - Allergic rhinitis
 - Asthma
 - Atopic dermatitis
- ❖ Eczema
- ❖ Heavy exposure to secondary cigarette smoke



Treatment Options:

Lifestyle changes:

- ❖ Avoid Triggers if possible
 - Common triggers: mold, pollen, dust, pet dander
- ❖ Medications (listed below)

Medications Available for Allergic Rhinitis:

- ❖ **Antihistamines**- block histamine to help reduce allergy symptoms
 - **Over-the-counter Options**
 - Allegra (fexofenadine)
 - Benadryl (diphenhydramine)
 - Claritin, Alavert (loratadine)
 - Tavist (clemastine)
 - ChlorTrimeton (chlorpheniramine)
 - Zyrtec (cetirizine)
 - **Prescription Options**
 - Astelin, Astepro (azelastine) nasal sprays
 - Atarax, Vistaril (hydroxyzine)
 - Clarinex (desloratadine)
 - Optivar (azelastine) eyedrops
 - Xyzal (levocetirizine)
- ❖ **Corticosteroids**- reduce swelling and inflammation to help with allergy symptoms
 - **Nasal sprays**-
 - Flonase, Veramyst (fluticasone)
 - Nasonex (mometasone)
 - Nasacort AQ (triamcinolone)
 - **Tablets**- Prednisone, methylprednisolone
- ❖ **Decongestants**- help reduce nasal stuffiness
 - Sudafed (pseudoephedrine)
 - Sudafed PE (phenylephrine)
- ❖ **Other Options**
 - Singulair (montelukast)- helps with asthma and seasonal allergy symptoms
 - Allergy shots- used if other treatments fail

References:

1. Allergic rhinitis [Internet]. Bethesda; c2013 [cited 2013 Mar 27]. US National Library of Medicine/Medline Plus. Available from: <http://www.nlm.nih.gov/medlineplus/ency/article/000813.htm>
2. Allergic rhinitis [Internet]. Bethesda; c2013 [cited 2013 Mar 27]. US National Library of Medicine/PubMed Health. Available from: <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001816/>
3. Antihistamines for allergies [Internet]. New York; c2005-2013 [cited 2013 Mar 27]. WebMD. Available from: <http://www.webmd.com/allergies/guide/antihistamines-for-allergies>
4. Corticosteroids for allergic rhinitis [Internet]. New York; c2005-2013 [cited 2013 Mar 27]. WebMD. Available from: <http://www.webmd.com/allergies/corticosteroids-for-allergic-rhinitis>