

## Allergic rhinitis is a year round concern

Run time - :41

ANCHOR LEDE: When the temperature starts to warm, so does the concern for allergies. But one condition – allergic rhinitis, commonly known as hay fever – isn't confined to spring. Tim Ditman of OSF HealthCare has more.

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OSF pediatrician Doctor Luis Garcia says allergic rhinitis describes chronic swelling of the tissue inside your nose due to an allergic reaction. It's commonly triggered by inhaling irritants like dust, pollen and bacteria through the nose. Sneezing, itchiness and a blocked or runny nose often follow.

Prevention includes closing doors and windows, using an air purifier, watching the weather forecast for dusty days, and keeping a journal of when your allergies are at their worst. You may be able to pick up on patterns and avoid triggers.

Treatments include flushing your nose with salt water, medication, and immunotherapy in more severe cases.

I'm Tim Ditman.

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