

NON- ALLERGIC RHINITIS

Contact Us

Phone: (843) 863-1188

Fax: (843) 863-8286

Website: www.lowcountryent.com



OVERVIEW:

Non-Allergic Rhinitis involves chronic sneezing or having a congested, drippy nose with no apparent cause. This disease is both annoying and inconvenient.



LOW COUNTRY ENT

2580 Tricom St.

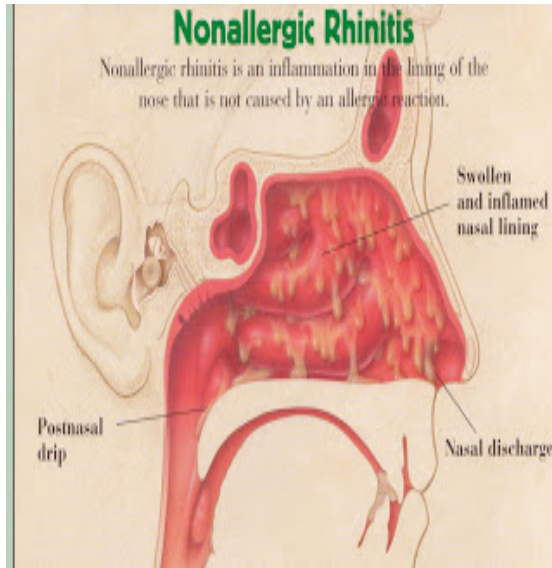
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**NON-
ALLERGIC
RHINITIS**



The most common symptoms of nonallergic rhinitis are:

- Stuffy nose
- Runny nose
- Sneezing
- Postnasal drip
- Unlike the allergic form, nonallergic rhinitis rarely causes itchy nose, eyes or throat.

Diagnosis and Treatment

It is important to have an accurate diagnosis so you can manage your condition appropriately. Because the symptoms are so similar.

- Your doctor can diagnose non-allergic rhinitis after ruling out other causes of your symptoms.
- If you have symptoms of non-allergic rhinitis, your doctor will first perform tests to see if an allergy or other health problem is causing your rhinitis. To determine if you have an allergy, your doctor may order a skin test to identify allergies you have, or a blood test.
- Your doctor may also order tests to see if you have any sinus problems that may be causing your rhinitis. Tests may include a nasal endoscope to look inside your nose or a CT scan of your sinuses.
- If your doctor can't find any underlying cause for your rhinitis, they'll make a diagnosis of vasomotor rhinitis (non-allergic rhinitis)
- Nonallergic rhinitis cannot be cured, but many people find
- relief by avoiding triggers, using a saline rinse solution or by

taking over-the-counter or prescription medications.

Triggers of persistent non-allergic rhinitis

- Irritation of the nose by smoke, strong smells, fumes, chemicals, changes in temperature or humidity.
- Hormonal changes during pregnancy and puberty, which can sometimes cause nose symptoms.
- Food and drink – mainly hot, spicy food, or alcohol. Sensitivity to certain food coloring or preservatives may be a cause.
- Emotion such as stress or sexual arousal can sometimes affect the nose.

Nonallergic rhinitis (vasomotor rhinitis) is a condition that causes chronic sneezing, congestion, or runny nose. While these symptoms are like those of allergic rhinitis(hay fever), nonallergic rhinitis is different because, unlike an allergy, it doesn't involve the immune system. An allergic reaction occurs when the immune system overreacts to an otherwise harmless substance known as an allergen.

Symptoms

Airborne pollutants or odors, certain foods or beverages, some medications, changes in the weather or underlying chronic health problems can all trigger symptoms of nonallergic rhinitis. These symptoms can come and go, or be constant.



