

# What is allergic rhinitis? There is no cure?

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Allergic rhinitis is a disease we often hear about in life, but not everyone has an accurate understanding of this disease. To help readers know more about this type of disease, let's find out **what is allergic rhinitis** in this article.

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## What is allergic rhinitis?

Allergic rhinitis is a respiratory disease that many people now suffer from. Allergic rhinitis is a reaction of the nose when it comes in contact with allergens that appear in the air, causing the body to release many histamines and inflammatory chemicals in the mucosa. nasal mucosa. The disease can appear in many subjects, including children and pregnant women.



According to the ENT specialist, allergic rhinitis is divided into several types: seasonal allergic rhinitis, and year-round allergic rhinitis. Depending on the severity of the condition, the frequency of replication is classified as chronic or acute allergic rhinitis.

## Causes, symptoms recognize

To better understand what is allergic rhinitis, let's find out the causes of this disease and the symptoms to know how it is.

### Causes of allergic rhinitis



There are many causes of allergic rhinitis, of which the most common are:

**Due to airborne allergens:** Including **airborne** agents such as dust mites, pollen, chemicals, fur, ticks, hay . Some factors such as pollen, hay usually appear in the air. parts of the year, such as summer and autumn, can cause seasonal allergic rhinitis. Patients who are allergic to other agents such as dust mites and ticks are often allergic year round.

**Due to the weather:** The sudden change of weather causes the air humidity, pressure and temperature to change. When the nasal mucosa is not adapted, it can cause acute or chronic allergic rhinitis. This is also a common cause of allergic rhinitis in children and subjects with weak resistance.

**Due to drug allergies:** Many people can get allergies from certain medications such as decongestants, antibiotics, nasal drops, etc.

**Due to food:** Certain foods can increase the risk of allergies, trigger allergic rhinitis such as shellfish, seafood, eggs, chocolate .

**Due to pathologies:** Pathologies such as pharyngitis, sinusitis, tonsillitis, and VA also increase the risk of disease.

**Abnormal nose structure:** Abnormal nose structure such as crooked nose, septum deflection, septum crest . will cause allergic rhinitis in children from birth to adulthood.

By knowing the causes of allergic rhinitis, though not being able to completely eliminate these elements from your environment can also help you be more proactive in preventing the disease.

## Symptoms of the disease



Each disease will have common symptoms so that you can soon identify and seek treatment, as well as allergic rhinitis. The symptoms that help identify this type of disease are:

**Sneezing:** Sneezing is the most common manifestation of respiratory diseases. Excessive and constant sneezing is a common symptom after nasal exposure to allergens.

**Itchy nose:** Frequent **nose irritation** , itchy feeling, wanting to rub the nose. Itching sensation can appear in other places such as eyes, throat, skin .

**Nasal congestion:** **Nasal** mucosa is vulnerable, edematous and exudates a lot. Therefore the nose is often in a stuffy condition, causing shortness of breath, obstructing air circulation.

**Headache:** Patient suffers from oxygen deficiency due to excessive runny nose. This will create pressure in the sinuses of the nose, causing headaches, ringing in the ears, and dizziness.

**Other symptoms:** Rash, watery eyes, sore throat, cough, tired people . these are symptoms that rarely appear, but you should still be concerned.

For acute rhinitis, these symptoms can only appear briefly and are quite sudden. However, if left untreated early and timely, the long-term condition can lead to chronic allergic rhinitis.

## Can allergic rhinitis cure?

Answer to the question 'Is it inherited? Allergic rhinitis can be cured? ', Specialists said, this is a non-communicable disease but still has genetic factors and it can be completely cured by allergic rhinitis is self exemption, appearance depends on the location of the patient. However, if not treated in time, the disease will likely become more serious complications into other diseases such as sinusitis, pharyngitis, laryngitis, otitis media, sleep disorders, vision impairment .



If you have allergic rhinitis, what to do? There are many ways to cure allergic rhinitis, including some folk ways such as using salt water, leaves, garlic . However, folk methods often work quite slowly. so patients often use Western medicine to treat more. In addition, nowadays, people also use an allergic rhinitis machine to replace some drugs. The device treats allergic rhinitis by means of light, limiting the release of histamine, losing and even eliminating the allergic reaction completely. You do not need to take medicine and feel secure with Medinose Pro because there are no side effects.

With the above information, the reader must have partly grasped what allergic rhinitis is and can treat allergic rhinitis. Hopefully it will help you in preventing and treating this disease for yourself and your family members.

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