

Antihistamines are the most commonly used medicines to relieve allergy symptoms.

Most people with asthma suffer from allergies. They are often allergic to pollen, cockroaches, dust mites, animal dander and mold. Common allergy symptoms are sneezing, runny nose and itching in the nose, throat, eyes and ears. Because the airways of people with asthma are more sensitive than those of people who don't have asthma, their allergic responses can be more severe and can cause asthma symptoms as well.

Substances that cause allergic reactions are called allergens. When exposed to an allergen, our bodies produce "histamines," to fight off the allergen. Histamines produce swelling or inflammation and mucus. Antihistamines stop the swelling process and keep the airways from getting very swollen. Antihistamines relieve or prevent the symptoms of allergies and hay fever.

How are Antihistamines prescribed?

Antihistamines can be taken as a tablet, capsule, liquid or injection. Some antihistamines are sold over-the-counter and some require prescriptions. There are many different brands of antihistamines.

Antihistamines do not prevent asthma and its symptoms but do provide relief or prevent associated symptoms such as stuffy and runny nose, sneezing and itchiness.

Side Effects:

Some antihistamines can cause drowsiness. Newer antihistamines do not. Antihistamines can also cause dry mouth, constipation, problems with urination and confusion.

Antihistamines will not relieve asthma symptoms but may be an important part of controlling allergies.

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INFORMATION
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