

## Keep sneezing. How to improve allergic rhinitis?



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As soon as the season changes, both children and adults are susceptible to allergic rhinitis problems. For example, children may have difficulty in breathing due to allergic rhinitis, feel stuffy nose that affects their sleep quality, and have to wipe their noses all day long, and if the situation is serious, they may even suffer from sleep apnoea.

Allergic rhinitis can be caused by both congenital and acquired factors. Although it is difficult to cure allergic rhinitis due to congenital origin, if the acquired factors can be properly controlled, then the chance of children having the disease will be greatly reduced.

### **How to prevent allergic rhinitis caused by acquired factors?**

Allergic rhinitis caused by acquired factors mainly include the following factors.

1. allergens at home
2. outdoor allergens
3. some infectious diseases

As for the home, the more dust accumulated, the more likely to induce allergic rhinitis symptoms, so parents should be not only more frequent cleaning the

bed for children, but also take away some of the stuffed animals and toys, and bed sheets, quilts and pillows and other things that are easy to hide dust, you need to wash with hot water at about 60 degrees, once every 4 days to clean the best.



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If the outdoor environment is dusty, parents may need to close some of the windows to keep the air flowing and to reduce dust at the same time. It is also important to reduce the chance of infection, as once children have cross-infected each other at school, any virus can also worsen allergic rhinitis

In addition to reducing exposure to allergens and infections, we can also prevent allergic rhinitis in our daily life by sleeping and waking up early, doing the right amount of exercise and eating a proper diet, which will help a lot in preventing allergic rhinitis.

### **Is there a chance that allergic rhinitis will not recur?**

Treatment of allergic rhinitis depends on how much the condition affects the child. If the effect is mild, home care or environmental control is sufficient. However, if the condition is more severe and causes frequent discomfort, oral medication and, if necessary, aerosol nasal spray may be required to reduce the discomfort.



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If all environmental factors are controlled and treated with medication, in most cases, allergic rhinitis can be successfully controlled and may not recur.