

Hay Fever

Allergic rhinitis, commonly called hay fever, does not come from hay and doesn't really cause a fever. It generally includes the nose and eyes but may also involve the ears and throat.

Of the two main types of allergic rhinitis, the **most common** is seasonal allergic rhinitis, affecting 10 – 25 per cent of the population in Western countries. A 2011 analysis has **determined** that patients with allergic rhinitis averaged three additional visits to their GP, and received nine more prescriptions in one year compared to other patients without rhinitis! In this article we deal specifically with the type of seasonal allergic rhinitis caused by **early flowering plants and trees**. In mild winters, the allergy season can start early. One of the best methods of dealing with this rhinitis is prevention. Most adults are aware of which

plants and trees they are allergic to but still have problems with pollen.

Pharmacy customer: Hello.

PTA: Hello. How may I help you?

Do you have any OTC products for allergies?

Certainly! We have a whole range of products. Is it for yourself?

Yes. You see I've just heard on the radio that the pollen levels are rising every day because of this mild weather we've been having. I'm allergic to quite a few early flowering trees and plants and know that it's only a matter of time before I have the usual torture!

It is a very good idea to take preventive measures.

Well, it has helped me most years. It's just that time of year when ash, alder, birch, elm, hazel and plane all start to blossom.

Yes, you are right there. Of course the easiest thing would be to **avoid** the pollen that you are allergic to but that isn't always possible.

If that were the case, I'd probably be on holiday permanently! You see I'm also allergic to grasses and they can start flowering as early as April. So what do you recommend?

We have this combination package, with nasal spray and eye drops.

Oh, I know them! We have them where I come from. Great!

If you know these two products, then you know about how often and how long you should take them. Have you considered an antihistamine?

Do you have anything with cetirizine?

Yes, but as you may know you should be careful when taking it.

Because of the drowsiness? I'm careful about that, I usually take one tablet before going to bed and that generally helps me.

That's good. If your symptoms aren't helped by the medication, you should consider consulting your GP.

I will. Oh! I almost forgot! Do you have a nasal irrigator? My one is quite old and they should be replaced regularly for reasons of hygiene.

We have this one here, it even has a few **sachets** of special salt included in the price.

So I just dissolve a sachet in lukewarm water and use it as usual. Right?

Yes, that's correct.

Now, that is good! How much do I owe you?

That's ... (says the price)

Could you change this 50 Euro note for me? I'm afraid I have nothing smaller.

No problem. Here's your change. Would you like a small **carrier bag** for your things?

Yes please, that's very kind of you.

And here are some **freebies** for you to try out at home.

Thank you. Goodbye.

Goodbye. ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

most common	am häufigsten
determined	festgestellt
early flowering plants and trees	Frühblüher
rising	steigend
scaling	Schuppung
quite a few	einige
ash	Esche
alder	Erle
birch	Birke
elm	Ulme
plane	Platane
avoid	vermeiden
rebound	Rückschlag
nasal irrigator	Nasendusche
sachets	Tütchen
dissolve	lösen (in Flüssigkeit)
lukewarm	lauwarm
carrier bag	Tragetasche
freebies	Werbegeschenke