

How can you tell whether you have acute sinusitis or allergies?

Sinusitis and allergies are separate conditions but are often mistaken for one another. Each condition has specific symptoms which you can identify and have the condition treated accordingly.



What is acute sinusitis?

Acute sinusitis, or acute rhinosinusitis, causes the cavities around your nasal passages (sinuses) to become inflamed and swollen which interferes with drainage and causes mucus buildup. This in turn can cause swelling below the eyes, pain in the swollen area, headache and difficulty in breathing through the nose. Sinusitis is often caused by the common cold.

What are seasonal allergies?

Allergies develop when our immune system becomes sensitive to, and reacts to, a substance called an allergen. The reaction occurs when the allergen connects with the lining of the nose, lungs, intestinal tract and/or skin and causes the immune system to produce specific antibodies. The antibodies release certain chemicals into the bloodstream, including histamine, which causes inflammation and the allergic reaction symptoms.

If allergies occur at a specific time of year – usually spring – then the condition is called seasonal allergies or seasonal allergic rhinitis. It affects about 15% of Canadians and the symptoms can make you miserable and can interfere with your daily life and activities at work and leisure. Common seasonal allergens include pollen from trees, grass and/or ragweed.

Signs and symptoms can be similar to those of the common cold, including runny nose, sneezing, coughing, postnasal drip and fatigue.

Speak to your Medical Professional or Pharmacist for more information.

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What is the treatment for sinusitis?

Since most cases of sinusitis are due to the viruses of the common cold, treatment is mainly self-care and your doctor may recommend the following to relieve the symptoms:

- Decongestants – available over the counter at your pharmacy in the form of liquids, tablets or nasal sprays, usually taken for only a few days.
- Pain relievers – available over the counter, including ASA, acetaminophen or ibuprofen.
- Nasal corticosteroids – available by prescription as nasal sprays that help reduce inflammation.
- Saline nasal sprays – used to rinse and help clear your nasal passages.
- Antibiotics – used to treat sinusitis that has been caused by a bacterial infection.

What is the treatment for allergies?

Once you know what triggers your allergies, it is best to avoid those substances, if possible. Lifestyle remedies include keeping your windows closed during pollen season, using a high-efficiency particulate air (HEPA) filter in rooms where you spend the most time, and wearing a dust mask when gardening or cleaning the house.

If your symptoms are not too severe, you can take antihistamines, which are classified into two groups based upon their side effects:

Sedating Antihistamines

These antihistamines cause dizziness, light-headedness, and drowsiness, but are effective if the non-sedating antihistamines do not work for you.

Non-sedating Antihistamines

This second generation of antihistamines does not have the side effects of drowsiness typical of the earlier class of antihistamines available as over-the-counter medication.

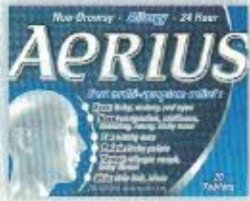
Many of the over-the-counter antihistamines are also available in generic form. It is best to ask your local Pharmacist to recommend an appropriate medication that suits you.

Ask Your Pharmacist

Did you know your local pharmacy provides a host of services for you and your family?

Next time you're in our pharmacy, please feel free to speak to one of our Pharmacists to find out more.

- Computerized patient files
- Clinic days
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18⁹⁹

Aerius
Allergy 5mg Tabs
20's



11⁴⁹

Nasacort
Allergy 24HR
60 Sprays



18⁹⁹

Claritin
Allergy 10mg Tabs
30's

Emergen-C
Vitamin C 1000mg 30's
Selected Varieties

10⁴⁹

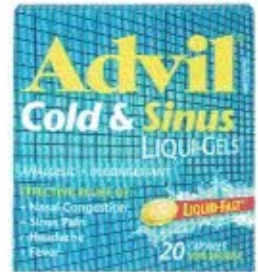


5¹⁹

Rhinaris
Dry Nose Nasal
Mist 30ml

Advil
Cold & Sinus Plus
Caps 20's or Liqui-Gels
20's

7⁹⁹



9⁹⁹

Metamucil
Fibre Therapy
Orange Flavour
Smooth or
Unflavoured 75%
Less Sugar
48 Doses



12⁹⁹

LivRelief
Pain Relief
Cream 50g

16⁹⁹

LivRelief
Nerve Pain Relief
Cream 50g



.99

Poise
Pantliners Very
Light 16's



12⁹⁹ **Desloratadine**
Allergy Control
24 Hour Relief
5mg Tabs 20's



5⁹⁹ **Allergy**
Formula
25mg Liquid
Caps 20's



4⁹⁹ **Decongestant**
Nasal Spray
30ml



6⁹⁹ **Fast Allergy**
Relief
Non-drowsy
10mg Tabs
12's



12⁹⁹ **Fast Allergy**
Relief
Non-drowsy
10mg Tabs
24's

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6¹⁹

ZzzQuil
Nighttime Sleep-Aid Berry Liquid
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4¹⁹

MedPro
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27⁹⁹

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11⁹⁹

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15⁹⁹

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Garcinia Cambogia
Appetite Control
Caps 168's



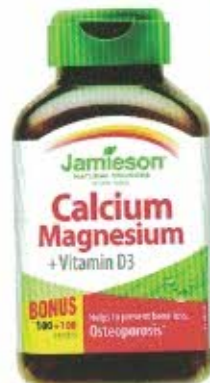
10⁹⁹

One A Day
Advanced Multi-vitamin For Women
Tabs 90's



20⁹⁹

Priorin
Hair Growth Caps 60's

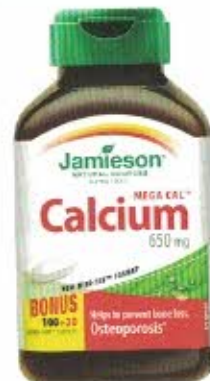


6⁹⁹

Jamieson
Calcium Magnesium,
Calcium Magnesium + Vitamin D3
or Calcium Magnesium + Zinc Bonus
100+100's

Safety Tips For Seniors

Did You Know?... Falling can result in serious health issues. There are many things you can do to help prevent falls. Check with your doctor to see whether you have one or more health conditions that make falls more likely. Ask your Pharmacist if your medications may affect your balance. Stay active (with your doctor's approval) to improve your balance, coordination, flexibility and strength. Practice good nutrition and drink plenty of water. Don't rush when getting up or walking, and wear sensible footwear. Find and fix tripping and slipping hazards at home, use assistive devices such as grab bars, and ensure your lighting is good. Keep stairs and walkways free of clutter, snow and ice. Ask for help if you're concerned about falling.



7¹⁹

Jamieson
Mega Cal or Mega Cal + Vitamin D 650 Bonus 100+2

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Your Local Pharmacy

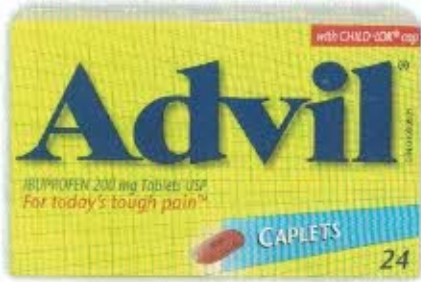


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Pain Relief
Caps 18's

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