



## Treating Rhinitis

1. Stay away from allergens and triggers that may make your symptoms worse.
2. Take your medicine exactly as directed by your doctor.
3. If your medicine does not seem to be working, talk to your doctor.

## Rhinitis Control Quiz

- Do you have nasal symptoms year-round?
- Do you take more than one nasal allergy medicine?
- Do you have nasal symptoms — even when you use your medicine?
- Do your nasal symptoms come back before it's time to take the next dose of your medicine?
- Do you have side effects from your nasal allergy medicine such as dry mouth, tiredness, or nervousness?

If you answered “YES” to any of these questions, talk to your doctor or pharmacist. A change in your current medicine might be recommended.

## What About Steroids?

There are several kinds of steroids. It is important to know the difference between them.

**Anabolic steroids** have recognized medical benefit. But they are sometimes used inappropriately by athletes to increase muscle mass and improve performance. Anabolic steroids are never prescribed to treat rhinitis.

**Corticosteroids** and anabolic steroids are not the same. Corticosteroids have been used for many years to help people fight infection and swelling.

**Inhaled nasal corticosteroids (INS)** are corticosteroids taken as a nasal spray. These medicines are used to control the nasal symptoms in children and adults. They help to reduce swelling in the nose. They also reduce symptoms like runny nose, sneezing, and nasal congestion.

Talk to your doctor if you have questions about any of the medications that you are taking.