

## 鼻敏感

鼻敏感是指鼻腔的通道發炎，一般會出現流鼻水、鼻塞和眼、鼻痕癢，病癥通常在接觸到致敏原後出現，例如塵埃或一些季節性出現的花粉等，任何年齡都有機會發病，情況十分普遍，現時佔大約百分之二十的人口患有鼻敏感。

## 成因

多種長期及季節性的致敏原都可導致鼻敏感，如：

- 塵蹣、蟑螂及動物的皮屑
- 樹、草、花粉
- 霉及霉的孢子
- 動物性致敏原，如動物的分泌物



## 病徵

- 不斷打噴嚏
- 流鼻水
- 鼻水倒流
- 鼻塞
- 眼、耳、鼻、或喉嚨痕癢
- 經常感到疲倦



正常鼻腔



嚴重鼻敏感鼻腔

病徵亦可包括氣喘、流眼水、喉嚨痛及嗅覺受損。鼻水倒流可以導致長期咳嗽，但與哮喘不同。鼻竇引發的頭痛和耳堵塞的情況亦十分常見。

## 診斷

你的醫生在聽取你的病歷後會替你進行身體檢查，需要時亦會使用內視鏡作檢查。如症狀較嚴重，血液或皮膚測試可協助鑑定所屬之致敏原。

## 治療

目的在舒緩敏感的徵狀；透過避免接觸致敏原和適當診治，便可達致這效果。

### 避免接觸的措施

- 關閉窗戶及使用空氣調節可以阻止季節性的致敏原接觸（例如樹、草、花粉）。
- 使用人造物料取替含動物成份的用品
- 去除一些容易沾塵的家居裝置（例如地毯、窗簾和床單等）
- 空氣靜化器及隔塵網亦有一定的幫助。

### 抗組胺劑（按敏藥）和鼻充血消除劑（舒緩鼻塞藥物）

現時的抗組胺劑分為含有和不含鼻充血消除劑兩種，包括新一代的無睡意抗組胺劑。

### 鼻腔噴霧

含類固醇的鼻腔噴霧治療是非常有效及安全的，但必須知道要連續使用該藥物一至兩星期後情況才会有顯著改善，即使需要長期使用該藥物也不會有副作用或體內吸收類固醇的憂慮。

### 三烯拮抗劑

如果上述療程未能滿意地控制症狀，可考慮使用三烯拮抗劑。



鼻腔息肉

## 手術治療

適用於一些由於鼻甲增生、鼻骨偏斜、鼻腔瘻肉或鼻竇炎所引致出現嚴重鼻腔阻塞之病人。

### 其他治療

#### 免疫療法

是透過漸進式增加致敏原的劑量，使病人的免疫系統對該致敏原之敏感反應減弱，療程一般需要兩至三年。

#### 光線療法

使用紫外線照射於鼻腔內之組織，以壓抑免疫系統的過敏反應，達致減輕或消除鼻敏感的病徵。

# 鼻敏感 ALLERGIC RHINITIS



## Allergic Rhinitis

It is an inflammation of the nasal passages, usually associated with watery nasal discharge, nasal blockage and itching of the nose and eyes. The symptoms occur usually after exposure to allergens such as dust, danders, or certain seasonal pollens...etc. The onset can occur at any age. It is a very common condition affecting ~20% of the population.

## Causes

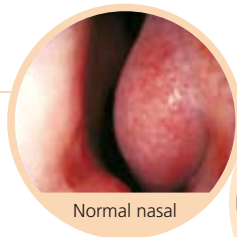
Many perennial and seasonal allergens cause allergic rhinitis, like:

- Dust mites, cockroaches and animal dander
- Tree, grass and pollens
- Molds and mold spores
- Animal allergens, such as secretion from animals



## Symptoms

- Repetitive sneezing;
- Runny nose;
- Post-nasal drip;
- Nasal congestion;
- Itchy eyes, ears, nose or throat; and
- Generalized fatigue.



Normal nasal



Severe allergic Rhinitis nasal

Symptoms can also include wheezing, eye tearing, sore throat, and impaired smell. A chronic cough may be secondary to postnasal drip, but should not be mistaken for asthma. Sinus headaches and ear plugging are also common.

## Diagnosis

After a medical history, your physician will perform a physical examination including endoscopy if needed. Blood test or skin testing may be used to confirm the specific allergens in severe case.

## Treatment

The goal of treatment is to reduce the allergy symptoms. This may be achieved by allergens avoidance together with appropriate treatments.

### Avoidance measures

- Seasonal allergens (such as tree, grass and pollens) can be controlled by closing windows and running air conditioners.
- Maintaining an allergen-free environment by substituting synthetic materials for animal products
- Removing dust-collecting household fixtures (like carpets, drapes and bedspreads).
- Air purifiers and dust filters may help.

### Antihistamines and Decongestants

Antihistamines with or without decongestants are available, including newer generation non-sedating antihistamines.

### Nasal sprays

Topical nasal steroid spray is a highly effective and safe treatment. It is important to remember that improvement may not occur for one to two weeks after starting therapy. There is no or minimal systemic absorption and side effect even after prolonged use.

### Leukotriene receptor antagonists

Anti-leukotriene may be used if the control of symptoms is not satisfactory with the above medications.

## Surgery

Patients with severe symptom of nasal obstruction caused by nasal turbinate hypertrophy, deviated nasal septum, nasal polyps or sinusitis will be benefited by surgical operation.

### Other treatments

#### Immunotherapy

Immunotherapy involves giving gradually increasing doses of the substance (or allergen) to which the person is allergic. This works by making the immune system less sensitive to that substance. A course of treatment usually takes 2-3 years.



Nasal polyps

#### The Phototherapy

UV light is applied intranasally for its immunosuppressive property to lessen or abolish the symptoms of allergic rhinitis.



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