



## ALLERGIC RHINITIS AND HAYFEVER 過敏性鼻炎和花粉過敏

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### What is allergic rhinitis? 什麼是過敏性鼻炎？

Allergic rhinitis is caused by an overreaction to a normally harmless substances known as "allergen". These allergens trigger the release of chemicals in the body called "histamines" in an effort to get rid of the allergen. This results in symptoms such as runny and/or stuffy nose, itchy nose, sneezing, itchy and watery eyes, dry coughing, frequent nosebleeds, snoring, frequent earaches, frequent headaches, dizziness, nasal voice, recurrent colds etc.

過敏性鼻炎的起因是身體對一種無害物質“過敏原”作出過敏反應而引起。這些過敏原引發身體釋放一種化學物質“組胺”以去除過敏原。這導致一些症狀，例如流鼻涕或鼻塞，打噴嚏，眼睛癢癢和流淚，乾咳嗽，頻繁流鼻血，打鼻鼾，常覺耳疼，頭痛，頭暈，鼻噪，並有復發性感冒等。

Every year, thousands of people in New Zealand develop symptoms of hayfever or seasonal allergic rhinitis at the onset of spring and summer (usually September to end of February). The most common hayfever allergens in New Zealand are pollen and seeds from various grasses and plants such as pine pollen, plantain (weed), and ryegrass. Some people get symptoms throughout the year (perennial allergic rhinitis). This is normally associated with allergens such as cat and dog hair, Alternaria (a type of mould), and dust mites (found in carpet mostly).

每年春季和夏季（通常是從9月到2月底），成千上萬的新西蘭人都患有花粉症，或季節性過敏性鼻炎。在新西蘭最常引起的花粉症的致敏原是來自各種草和植物的花粉和種子，例如松花粉，芭蕉（雜草）和黑麥草。有些人全年都會出現症狀（常年過敏性鼻炎），這通常與貓和狗毛，霉菌和地毯內的塵蟎等過敏體有關。

### How is the diagnosis made? 如何診斷？

Your GP will often make a diagnosis based on your symptoms and maybe some allergy tests. These tests include skin prick allergy tests which test for a variety of allergens, as well as blood tests (RAST test, IgE). Often allergic rhinitis is associated with asthma as well, and around 80% of people with asthma suffer from allergic rhinitis, while 25% of those with allergic rhinitis also suffer from asthma. It can be develop from the age of two onwards, although adults can also develop it later in life following repeated pollen exposure. The NZ climate is also thought to contribute.

你的家庭醫生通常會根據你的症狀通過一些過敏測試而作出診斷。這包括測試各種過敏原的皮膚點刺過敏測試，以及血液測試（RAST 測試，IgE）。經常性過敏性鼻炎也與哮喘有關，約80%的哮喘病患者有過敏性鼻炎，而25%過敏性鼻炎患者亦患有哮喘。過敏症可以從兩歲開始出現症狀，成年人也可以因反復暴露在花粉的環境中而受到感染。新西蘭氣候也會導致過敏症的產生。

## What is the treatment for allergic rhinitis? 過敏性鼻炎的治療是什麼？

### 1 Antihistamines (oral liquid or tablets) 抗組胺藥 (口服液或片劑)

**a These help relieve symptoms of runny/itchy nose and sneezing but do not help with nasal congestion**

這些藥物有助於舒緩流鼻涕 / 鼻子瘙癢和打噴嚏的症狀，但不能解決鼻塞問題

**b There are sedating (avoid when driving or operating heavy machinery and best taken at night) and non-sedating forms (taken in the morning)**

分別有鎮靜性藥物（服用應後避免駕駛或操作重型機械，最好在晚上服用）和非鎮靜性藥物（適宜在早上服用）

**c These are available as eyedrops too to help with itchy, red and watery eyes**

可作眼藥水使用，減輕眼睛痕癢，眼紅和流眼水

**d These can be combined with other medications for increased effect**

可以與其他藥物一齊服用以增加效果

### 2 Decongestants (liquid nasal spray) 減充血劑 (液體噴鼻劑)

**a These can be used to unblock the nose but should only be used for 5 days maximum**

這些噴鼻劑可以疏通鼻塞，但最多只能使用 5 天

**b Prolonged use can lead to worsening nasal congestion, bleeding noses or temporary loss of smell**

長期使用可加劇鼻塞，導致鼻出血或暫時失去嗅覺

### 3 Corticosteroids (liquid nasal spray) 皮質類固醇 (液體噴鼻劑)

**a These should be used as preventative medications during the allergy season**

這些藥物只在過敏季節時作預防用途

**b They can be used for weeks and months at a time (check with your doctor)**

可以使用數周或數月 (請諮詢你的家庭醫生)

### 4 Saline washes (powder mixed with water for squirting into nose)

鹽水洗漱 (粉末與水混合後噴入鼻子)

**a These are good for perennial allergic rhinitis to help prevent congestion by flushing out the sinuses**

有助於患有常年性過敏性鼻炎人士，防止鼻塞和沖洗鼻竇

**b These are generally not government-funded but can be bought over the counter at the pharmacy**

這些鹽水沖洗液沒有政府補貼，但可以到藥房櫃檯購買

**c These are safe for long term use and videos are available online on their use e.g. Youtube**

這些鹽水沖洗液可以長期安全使用並可在網上視頻觀看其使用方法，(例如。 Youtube)

### 5 Immunotherapy or desensitisation (injections once to twice a week into skin)

免疫脫敏治療 (每週皮下注射一次至兩次)

- a These are used if the symptoms of the allergic rhinitis does not respond to the above medications**  
以上 1 至 4 治療方法未能解決過敏性鼻炎的症狀，請使用此療法
- b It is typically administered by an allergy expert (ask your GP for referral to one)**  
治療過程由過敏專家主治（請要求你的家庭醫生轉介）
- c Small doses of the allergen are incrementally injected into the skin until the immune system no longer released histamine in response to them**  
每次使用小劑量的藥物注射到皮膚中，直到免疫系統不再有反應而產生組胺

## **How can I minimize my exposure to allergens? 如何盡量減少接觸過敏原？**

- 1 Stay indoors as much as possible, especially on windy spring and summer days**  
盡可能留在室內，特別是在大風的春天和夏天
- 2 Keep the doors and windows in your house and car closed**  
保持你家及座駕門和窗戶關閉
- 3 Use an air purifier e.g. HRV which filters out pollen and change the filter frequently**  
使用空氣淨化器。HRV 過濾掉花粉但需時常更換過濾器
- 4 Minimize morning activity (before 10 am) as this is when pollen counts are the highest**  
儘量減少早上的活動（上午 10 點前），因為這是花粉量最高的時候
- 5 Exercise outdoors in the evening when pollen counts are the lowest**  
可在晚上戶外鍛煉，這是花粉量最低的時候
- 6 Avoid gardening and sweeping the backyard as these will often stir up pollen and moulds**  
避免打掃後園及做園藝工作，因為這些活動會攪動花粉及霉菌
- 7 For dust mite allergies: 有關於塵蟎過敏**
  - a Mite-proof covers for the mattress, duvets, and pillows**  
防蟎的床墊，羽絨被和枕頭
  - b Use vacuum cleaners with HEPA filters and vacuum regularly**  
常用備有 HEPA 過濾袋的真空吸塵器
  - c Remove items that collect dust from the lounge and bedroom e.g. soft toys**  
從休息室和臥室移除容易積塵的物品，例如布製玩具
  - d Freeze soft toys overnight and dry them in the sun**  
將布製玩具冷凍一夜後，在陽光下晒乾
  - e Wash bedding in hot water > 55°C**  
在不低於 55 度熱水中清洗
- 8 For specific allergies to cats and dogs 有關對貓和狗的過敏**
  - a Avoid buying dogs and/or cats 避免購買狗或貓**

- b Consider bathing the dog twice/week if you do not want to get rid of your pet**  
如果你不想放棄飼養你的寵物，考慮給貓狗每週洗澡兩次
- c No specific breed of "hypoallergenic" dog or cat exists - even if the animal is hairless, there are still allergens found in their saliva, faeces and urine**  
沒有“低過敏性”的狗或貓存在 - 即使動物是無毛的，他們的唾液，糞便和尿液中仍然存在過敏原