

Ask 'Doctor D'

about Hay fever



Ask 'Doctor D' is your opportunity to put questions people often want answers to, but don't like to ask, to the Doctors based at St. Andrews. (You can also drop your question in to Café Bliss in the high street if you prefer).

What's the problem?

Hay fever is a frustrating condition that affects 1 in 5 people at some point in their lives.

Why does hay fever affect me at different times?

Hay fever is due to an allergy to pollen. The type of which will occur at different times of the year, correlating with your symptoms.

Tree pollen, is released during spring, grass pollen is released during the end of spring into summer, and weed pollen is released any time from early spring to late autumn.

How can I control my symptoms?

It is possible to reduce your symptoms of hay fever by taking some basic precautions, such as:

- **Wear wraparound sunglasses** to stop pollen getting in your eyes when you are outdoors
- **Change your clothes and take a shower** after being outdoors, to remove the pollen on your body including your hair
- **Use petroleum jelly or balms** to prevent pollen entering your nasal airways
- **Dry laundry indoors**, away from where pollen can build up.
- **Use air conditioning** in the car
- **Avoid pets** in the bedroom
- Try to **stay indoors when the pollen count is high** (over 50)

What medicine can I take?

Many cases of hay fever can be controlled using over-the-counter medication, these are usually cheaper than a prescription and often what the doctor would prescribe if you consulted them.

If your symptoms are not controlled with antihistamine tablets consider using a corticosteroid nasal spray, and or eye drops depending on your symptoms – ask your Pharmacist for advice.

I've heard some people get injections to control their hay fever, can I have one?

Several years ago people were injected with steroid. This practice has ceased as it is now known that repeated steroid injections can lead to thinning of the bones, otherwise known as osteoporosis, which can lead to fractures.