

# Useful information for Hay Fever Prevention and Treatment



The season for hay fever has come! Pollen jumps into our eyes and nose, suffering us from hay fever. In this year too, there are new faces who experience hay fever for the first time. Now let's settle the trouble by doctor's advice.

## Is hay fever a sickness?

Hay fever is an allergic sickness caused by pollen of tree or grass. In spring, pollen flutters about in the air and stick to mucous membrane of eyes and nose. As a result of it, symptoms of hay fever appear.

## What symptoms does hay fever have?

Symptoms appear especially in eyes, nose and throat but depending on people, the whole body can react to the allergy.

□ Common Symptoms □

Sneezing • runny nose • nasal discharge • eyes • throat • itching face and neck.. A decline in concentration, laziness, fever, annoyance also belong to hay fever's symptoms.

## Is hay fever similar to cold?

Hay fever is different from cold. As common, cold can be over in about a week. On the other hand, hay fever lasts till pollen stops fluttering about in the air. Runny nose caused by cold settles down as cold is recovered but in the case of hay fever, nose stays runny. In addition, as another way of distinguishing cold and hay fever, we can say fever is for cold and itching for hay fever.

## Why is the number of hay fever patients increased?

There are many reasons accounted for it as increase in number of Japanese cedars

As the first reason, in the 30<sup>th</sup> year of Showa, a number of Japanese cedar was planted and now those are huge enough to have much pollen. In addition, because there was a drop in wood value of the cedar, the trees were not well-kept so that pollen has been significantly increased.

Another reason is that many of people have allergic predisposition due to an increase in

mite and house dust in highly airtight house. Moreover, modern meal seems to have high protein and air pollution, paved road and stressful society are also concerned.

One in 5 persons suffers from hay fever in Japan. Approximately 80% of hay fever is caused by cedar.

## Warning! Pollen flies below month

⇒ Cedar • hinoki • white birch . . . February ~ May

⇒ Hosomugi • Kamogaya . . . June ~ August

⇒ Ragweed . . . August ~ September

⇒ Magwort • tall goldenrod . . . September ~ December

## When you notice the symptoms . . .

First of all, it is better to see doctor for allergy examination.

It is "allergen diagnostic skin test" to examine skin reaction to pollen.

## First try to prevent yourself from Hay Fever

In order to lighten hay fever, we should not breathe in pollen when you go out. But how can we do so? See the following advices. Let's avoid going out when it is windy and sunny day.

We should also wear glasses and mask with protector, scarf and hat to protect yourself from pollen.

In terms of clothes, it is ideal that materials of clothes are smooth. If you have long hair, then do not forget to weave your hair. Before you enter your house, please dust yourself off.

While you stay in house, try to wash your eyes, nose, hand and face, and have a gargle. Especially, blinking your eyes in water is very effective.

## What can we do for treatment?

Unfortunately it is hard enough to recover from hay fever for a short period of time. What you can do is to have medical treatment in order to lighten the symptoms. Hence we strongly recommend you to go to see doctor first.

