

ConsumerRx[®]

Allergy Treatment

What causes nasal allergies?

Allergy symptoms are triggered by allergens such as dust, pets, mold and pollen. By removing these triggers you can prevent allergy symptoms. Some useful tips include using dust covers for mattresses and sheets, removing carpet, limiting exposure to pet dander and wearing a mask when cleaning the house.

What are the most effective medications for nasal allergies?

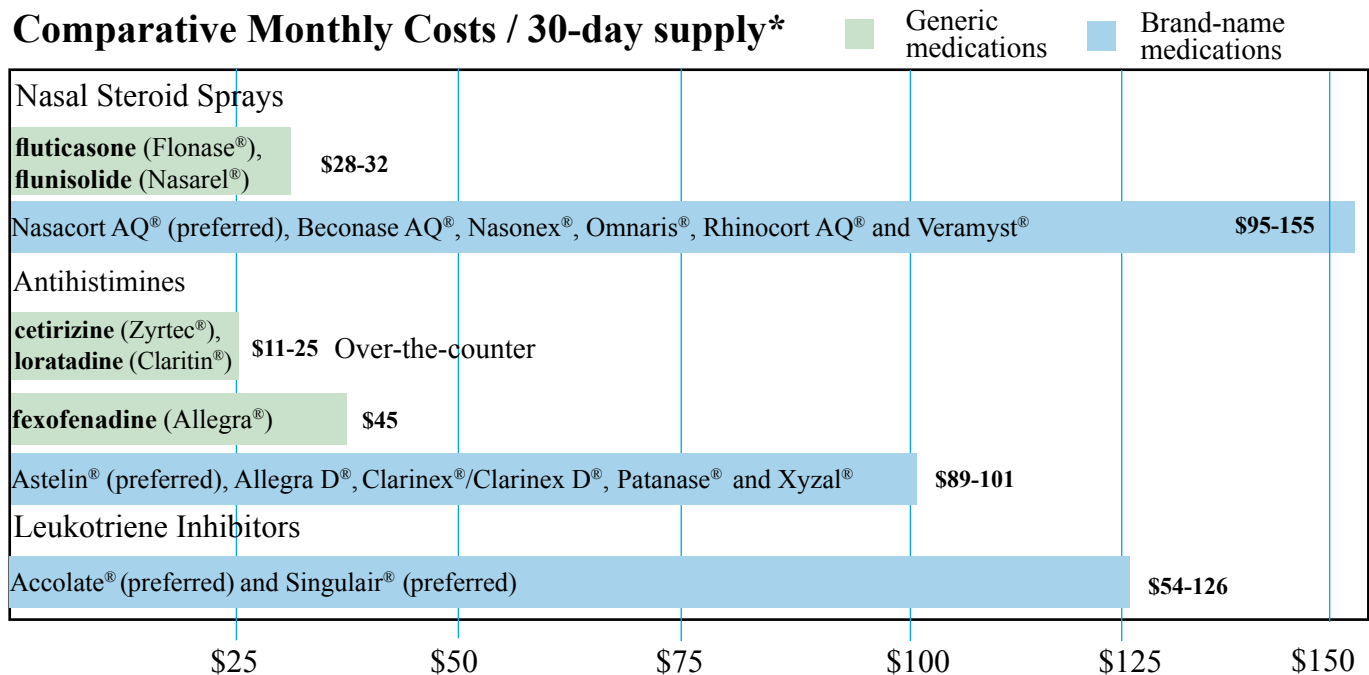
Nasal steroids stop allergic reactions before they are triggered. They are the most effective medications for nasal allergies. Generic **flunisolide** (Nasalide[®]) and **fluticasone** (Flonase[®]) are as safe and effective as brand-name medications and are the best value.

What are some other options?

After allergic reactions are triggered, the body releases chemicals (histamine, leukotriene and others) that can cause allergy symptoms.

- **Antihistamines** block histamine. They are effective for mild allergies or for quick relief of symptoms. Generic loratadine (Claritin[®], Alavert[®]) and cetirizine (Zyrtec[®]) are available generically over-the-counter.
- **Leukotriene inhibitors** block leukotriene. Medications such as Singulair[®] and Accolate[®], only block one type of chemical (leukotriene) that cause nasal allergy symptoms. These medications are more expensive than other options and do not provide additional benefit.

Comparative Monthly Costs / 30-day supply*



*Approximate cost estimates based on a 30-day supply. Actual prices may vary depending on your pharmacy and the amount or strength of medication dispensed. Brand names in () are non-formulary and are listed for your reference only.

THE BOTTOM LINE

Nasal steroid sprays are the best option to control your nasal allergies. Generics, flunisolide (Nasalide) and fluticasone (Flonase) are the least expensive and are as safe and effective as the brand-name options.

Note: Since many medication options are available, our physicians and pharmacists developed this to provide you with information about available alternatives, as well as potential advantages and/or lack of advantages of the various products. This medication summary was developed based upon an evaluation of information from the US Food and Drug Administration (FDA), scientific studies and input from practicing doctors and specialists.