

Nasal Allergies

Nasal allergies are also called “seasonal allergies,” “environmental allergies” or “hay-fever.” When you’re exposed to something you’re allergic to, the allergen or “trigger” can make your nose stuffy or runny (or both!) and make you sneeze.

Allergens may make your ears itchy or make your eyes itchy, red, or watery.



Why worry about it? Nasal allergies can be a major nuisance. They can make it hard to enjoy time outdoors, make you feel foggy, drowsy, and uncomfortable. A stuffy nose often disturbs sleep. The post-nasal drainage in your throat may cause throat-clearing, sore throat or an annoying cough.

The Storms Allergy Clinic can help: We can do allergy testing, either on the skin or through blood tests, to try to identify what triggers your allergies; then we will prescribe treatment based on those test results.



For patients who want to 'get over' their allergies, allergy shots or drops (also called “immunotherapy”) can build up immunity to your allergies (like a vaccination).

