

TABLE 2.

FEATURES OF SEASONAL ALLERGIC RHINITIS

History

Recurrent symptoms of predictable onset and duration coinciding with the presence of windborne allergens and spores to which the patient is sensitive.

Common Allergens:

A. Pollens

Early Spring (February or March-May)

Tree Pollens

Tag Alder	Hickory
Ash	Maple
Beech	Mulberry
Birch	Oak
Box Elder	Poplar
Elm	Sycamore
Hackberry	Walnut, Black
Hazelnut	Willow

Late Spring-Summer (April-September)

Grass Pollens

Bermuda	Perennial Rye
Brome	Quack
Johnson	Red Top
June	Sweet Vernal
Meadow Fescue	Timothy
Orchard	Velvet

Late Spring-Early Fall (May-October)

Weed Pollens

Cocklebur	Mugwort
English Plantain	Pigweed
Ragweed, Giant	Ragweed, Short
Goldenrod	Sorrel
Lambs Quarters	Wingscale
Marsh Elder	Wormwood
Mexican Tea	

Aggravating Factors:

Highest pollen release between sunrise and 9 a.m., but wind dispersal makes atmospheric counts highest in afternoon; outdoor activity during pollen season increases exposure.

Alleviating Factors:

Heavy morning rains and cloudy, cold, humid weather decrease pollen counts; air conditioning may decrease exposure and symptoms.

B. Airborne Spores

Alternaria and Cladosporium (Hormodendrum) are most common. No definite seasonal pattern; first appearance in early spring; increase with warm, damp weather and decrease with first frost.

TABLE 3.

FEATURES OF PERENNIAL ALLERGIC RHINITIS

History

Sporadic, recurring, or continuous symptoms present throughout the year. Symptoms are milder and less acute than in seasonal rhinitis. There may be multiple etiologic allergens including seasonal pollens or molds.

Common Allergens:

A. Household Inhalants

House Dust—components include mites, fabric fibers from furnishings, mattresses, carpets, bedding, clothing and animal products. **Mites (dermatophagoides species) are major allergenic components.**

Aggravating factors: Forced air home heating systems without adequate filters may recirculate small inhalant particles; poor ventilation increases inhalant problem which is more common in winter months.

Indoor Mold Spores—found in warm, humid, and musty environments such as cellars, attics, crawl spaces, bathrooms, laundry rooms, vaporizers, and greenhouses.

Includes: Rhizopus Aspergillus
Mucor Penicillium

Animal Danders—exfoliated epidermal cells and salivary secretions are the potent allergens. Household pets (cats, dogs) may be allergenic whether or not they shed hair.

B. Outdoor Inhalants

Fungi and Molds—Alternaria, Cladosporium (Hormodendrum), Helminthosporium, and Fusarium are common in soil and decaying vegetation. Exposure occurs with lawn mowing, leaf raking, and from working with peat, mulch, dead wood, or hay.

C. Occupational Allergens

Dusts in flour, detergent, and woodworking industries. Mold exposure while farming and in plant nursery, bakery, and library environments.

D. Food Allergens

Most prevalent in infants and children; major allergens are milk, wheat, egg, soy, and peanut which may cause gastrointestinal symptoms, atopic dermatitis, or allergic rhinitis.