



# Don't Forget the Nose!

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The nose should be considered as part of single airway therapy for asthma, but it is commonly forgotten in the diagnosis and treatment of asthma. When your environment triggers seasonal/allergic rhinitis (“hay fever”), daily oral antihistamines and nasal steroids are recommended.

Rhinitis is defined as swelling in the nose which usually results in an itchy, runny nose. If your nose is involved, successful asthma treatment and management will include nasal therapy, usually a nasal steroid spray for the nose.

Dramatic changes in barometric pressure, like those we experience in Calgary during a chinook, also cause inflammatory changes in the nose and lungs which may mean some will benefit from nasal therapy all year!

For more information on [Nasal Spray](#), visit our website [www.ucalgary.ca/icancontrolasthma](http://www.ucalgary.ca/icancontrolasthma)

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