

VASOMOTOR RHINITIS

This is a condition that mimics allergies and affects millions of people. While this sounds like allergies, it is different because it does not affect the immune system. People with this condition often have normal allergy tests but are troubled by allergy-like symptoms, which may include:

- Sneezing
- Nasal congestion
- Runny nose
- Postnasal drip
- Sinus pressure

Triggers include:

- Airborne pollutants
- Odors
- Fragrances
- Weather/seasonal changes
 - Temperature
 - Wind
 - Atmospheric pressure
 - Humidity
- Dust
- Smoke
- Foods/beverages

Unfortunately, unlike allergies, there is no skin test available to identify the specific vasomotor triggers that may be affecting you. You can try to identify triggers by noting the timing and environment around which your symptoms occur.

Symptoms may come and go or can be constant. There is no cure for this condition, but allergy medications can help reduce the symptoms (nasal sprays, OTC and prescription). Of course, avoidance of triggers is the best approach.