

SOME ALLERGY/ASTHMA MEDICINES (sample - entire list is 3 pages/screens total)

Medication Class	Prescription and OTC Name (some newer medicines in red)	For Skin Allergies (if applicable)	Some comments & side effects
SNEEZING, ITCHY NOSE & THROAT, RUNNY NOSE, ALLERGY RASHES			
* Topical corticosteroid nasal spray (for nasal congestion) and itch creams (for skin allergies)	Prescript: Beconase AQ, Flonase, Nasacort AQ, Nasalide, Nasarel, Nasonex, Rhinocort AQ, Vancenase DS or Fancesase pocket inhaler	Steroids: creams, ointments and foams are effective against eczema but not hives. Prescript: Medium to high strength ointments - Kenalog, Lidex, Synalar and Westcort. Low-dose generic creams - betamethasone, fluocinolone, or hydrocortisone cost less. OTC: low strength topical corticosteroids (hydrocortisone, Cortaid, etc) for skin rashes.(Oatmeal baths (Aveeno) and calamine lotions may reduce itching in mild reactions.)	Nasal and inhaled steroids can cause headaches, nosebleeds and dryness and irritation of the nose and throat. All topical steroids can thin the skin with prolonged use. Caution using Flonase (and others in this group) in children, as it may temporarily slow down a child's rate of growth.
* Antihistamines	Prescript: Allegra, Astelin (nasal), Clarinex (with disintegrating oral RediTabs for children over 6 years), Zyrtec		Blocks a chemical called histamine that causes allergy symptoms. Allegra may cause stomach upset, menstrual cramps, back pain, cough, fever, stuffy nose or dizziness. Zyrtec may cause drowsiness, fatigue and dry mouth, plus stomach pain in children.
	OTC: Alavert, Benadryl, Chlor-Trimetron, Claritin, Dimetapp, Tavist-1, NasalCrom nasal spray	Can relieve hives and reduce itching (Claritin example); Can modestly relieve mild eczema , though higher doses or sedating versions such as Benadryl may be needed. Also use moisturizers such as Cetaphil, Eucerin and Keri lotion for dry skin.	Even Claritin may cause drowsiness at high doses; dry mouth.
* Mast cell stabilizer	Prescript: Nasalcrom		May cause brief stinging/sneezing right after use. Serious allergic reaction to this drug is rare.
* Leukotriene modifiers	Prescript: Singulair , Accolate, Zyflo	In theory might provide some (skin) relief.	May cause headache, ear infection and upper respiratory infection. (Blocks chemicals called leukotrienes that cause allergy symptoms.) May cause headaches, dizziness, diarrhea, etc. This medication reduces congestion and swelling inside your nose.

Note that the information on this list/website is **not** a substitute for medical advice, diagnosis or treatment provided by a health care provider. This is to educate you on some allergy/asthma medications available. (Newer allergy/asthma medications are constantly being approved from pharmaceutical clinical trial studies.)