

How hay fever may develop into asthma – or not

Simple hay fever can turn into asthma years later. This transition from allergic rhinitis (runny nose) into allergic asthma is termed "URT to LRT progression": The symptoms shift from the upper respiratory tract (nose and throat, larynx) to the lower respiratory tract (lungs).



Which individuals are prone to a progression of this type?

- A transition will take place in allergic rhinitis that is triggered by pollen, house dust mites, animals or mildew
- 30 % of all children and adults suffering from allergic rhinitis will go on to develop asthma after 8-10 years



■ Development of asthma
■ NO development of asthma

How can this progression be arrested or stopped?

- Avoid the triggers (pollen, dust mites, etc.)
- Treat the allergic rhinitis consistently with eye drops, nasal spray, nasal irrigation and tablets
- Commence a course of allergen-desensitising treatment (specific immunotherapy) at an early stage. This will relieve the symptoms and can prevent or delay the so-called transition or the emergence of new allergies.



What symptoms are indicative of asthma?

- Shortness of breath at the slightest physical exertion
- Wheezing
- Frequent coughing and throat clearing