



“I feel like a drip!”

Karen Binkley, MD, FRCPC

Notes on Alex

Age: 17

Presentation: Alex complains of nasal congestion, rhinorrhea, sneezing, red and irritated eyes, and an itchy palate

✓ Alex's symptoms have recurred in the fall for the past two years

✓ Various over-the-counter antihistamines give partial relief

✓ He has no chest symptoms

Medical history:

✓ Alex does not have food allergies

✓ He had a history of eczema during childhood

✓ His father had asthma during his childhood

✓ Alex has no significant past medical history, is taking no medications and has no known drug allergies

Physical exam:

✓ Alex's physical examination showed mild conjunctival injection, nasal turbinates pale and edematous

✓ The rest of the exam is unremarkable

What do you suspect?

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*Final diagnosis:**Seasonal allergic rhinoconjunctivitis due to ragweed*

- ✓ Rhinoconjunctivitis involves typical ocular and nasal symptoms that are caused by airborne pollen in a pollen allergic individual

Further investigations:

- ✓ Allergy skin prick tests confirm positive a test to ragweed

Further management:

- ✓ Alex is instructed to close doors and windows during mid-August through to the first frost
- ✓ Alex is started on intranasal corticosteroids in early August, which he continues through ragweed season until the first frost
- ✓ He is given mast cell stabilizing/antihistamine eye drops as needed
- ✓ He is also given a non-sedating antihistamine
- ✓ Immunotherapy is an option if the above fails **Dx**

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Upcoming cases...

- ✓ **March:** Shellfish allergy