

PREVENTION AND MANAGEMENT OF ALLERGIC RHINITIS: NEW PROSPECTS OF LIFE QUALITY

A. Z. Bandrivskaya

Summary

Worldwide frequency of allergic rhinitis (AR) varies from 4 to 32 %. In clinical practice AR divide on seasonal AR (SAR) and perennial rhinitis (persistent; PAR). Symptoms of AR cause substantial reduction in patient's quality of life. According to the international and national guidelines for the management of patients with AR the main treatments for this disease consists of avoiding the specific allergens that cause symptoms, using medicines – non-sedating H_1 -receptor antagonists (antihistamines; AH), topic glucocorticosteroids (tGKS), and also specific immunotherapy. However, despite all these methods quality of life in patients with AR remains often unsatisfactory, so, there is a necessity for search of new, alternative methods of prevention and management of this disease. One of such method is the latest breakthrough innovation – the nasal spray Prevalin™ Allergy, which acts at the root cause of the allergy. Prevalin™ Allergy has an innovative thixotropic formula. It is a gel at rest that becomes a liquid when shaken for easy dispersion. Once sprayed into the nose, it settles back on a nasal lining an impermeable gel to block allergen contact. This makes Prevalin™ Allergy highly effective as it is defuses allergens already in the nose, stimulates clearance of allergens in the nose, forms a micro-gel barrier to prevent further allergens from infecting the mucosa.

In article are presented results of properties researches and demonstrate evidence base of Prevalin™ Allergy application. Preparation is applied in complex and monotherapy of SAR and PAR (tGKS + AH + Prevalin). Prevalin was demonstrated to be highly effective in reducing the symptoms of AR, including nasal congestion, and also in reducing controlling therapy.

Besides efficiency, the preparation is notable for good tolerance, safety and convenience in application. Foreign and domestic researches allow to assert, that application of Prevalin™ Allergy in complex AR therapy considerably improves patients quality of life both in professional, and in social sphere.

Keywords: *alternative methods of prevention, allergic rhinitis, quality of life.*

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A. Z. Bandrivska

management guarding health

Lviv regional clinical hospital

Chernigivska str., 7, Lviv, Ukraine

tel.: +38 (032) 278-63-72, +38 (032) 237-57-65