



# News Release

University of Nevada School of Medicine

Public Relations Office  
Savitt Medical Sciences Building  
Reno, Nevada 89557-0046  
(702) 784-6001

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Information about hay fever on today's HEALTHLINE: here's Dr. Ronald Rothstein of the University of Nevada School of Medicine:

"Hay fever is a genetic problem which generally requires an environmental trigger to provoke symptoms. Animal danders, pollens and house dust are common precipitating factors. Hay fever symptoms can begin anytime during the lifetime, depending upon exposures and, in fact, when one moves to an area, he may find two to three seasons of exposure to the local pollens necessary before symptoms are provoked. Generally speaking, symptoms include red, watery, itchy eyes, watery, running nose, itching of the nose, sneezing, popping and fullness of the ears, itching in the mouth, as well as headaches. Treatment includes avoidance of known precipitating agents with the use of over-the-counter antihistamines being a second line of defense. If all else fails, allergy injections would be the third area."

This is HEALTHLINE from the University of Nevada School of Medicine.