



如何改善鼻敏感

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我的鼻敏感嚴重嗎？

根據世界衛生組織的標準，鼻敏感可以分為「間歇性」或「持續性」。如果患者於一星期內超過四天有打噴嚏、流鼻水或鼻塞等相關病徵，並持續多過四星期，即屬「持續性鼻敏感」；如果情況影響到任何一項日常生活（如：學習、工作、睡眠等），更會被界定為中度至嚴重的鼻敏感。由於鼻敏感會影響呼吸，因此當鼻敏感發作時，睡眠自然會受到影響，睡眠質素會降低，日間又會變得沒有精神，久而久之，形成一個惡性循環，不但影響日常生活，最重要是影響身體健康。

三個方向改善鼻敏感

(一) 避免接觸致敏原

日常生活中最常見的致敏原是「塵蟎」。「塵蟎」是細小的昆蟲，通常會依附在我們的床上，包括：床褥、枕頭及被芯。如果想減少塵蟎出現在床上，可以經常

使用吸塵機打掃家居，並使用防塵蟎的床單。另外，每星期使用60°C或以上溫水清洗床單亦非常重要，以減少塵蟎數量，從而達到減少與致敏原接觸的機會。

(二) 服用藥物

鼻敏感的藥物治療主要為口服的抗敏感藥及噴鼻的類固醇。大部分舊式的口服抗敏感藥都帶有睡意，服用後會使人昏昏欲睡，影響日常表現；而噴鼻的類固醇，雖然是類固醇，但由於藥性主要留在鼻腔內，因此對身體其實沒有甚麼副作用，可算是安全的治療方法，但就需要長期使用，鼻敏感才能得以控制。



(三) 使用鹽水清洗鼻腔

鹽水洗鼻不但能夠去除鼻腔內的分泌物，更重要是帶走鼻腔內的致敏原，令鼻敏感症狀得以改善。但需要注意，清洗鼻腔必須使用鹽水，不能使用清水，因為如果不慎使用到含菌的水，有機會增加感染（如：中耳炎）的風險。



How to treat allergic rhinitis

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Is my allergic rhinitis severe?

According to the standards of the World Health Organization, allergic rhinitis can be classified as either "intermittent" or "persistent". If a patient suffers from symptoms such as sneezing, a runny nose or nasal congestion for more than four days a week for more than four consecutive weeks, it is classified as 'Persistent Allergic Rhinitis'. If the condition affects the patient's daily life (study, work, sleep, etc.), it will be defined as moderate to severe allergic rhinitis. Since allergic rhinitis generally affects breathing, sleep will be naturally disturbed during allergic episodes. The quality of sleep decreases, and the patient becomes lethargic during the day. Over time, it will trigger a vicious cycle affecting not just the daily life but most importantly, physical health.

Three ways to treat allergic rhinitis.

1. Avoid exposure to allergens

The most common allergen in daily life is the dust mite. Dust mites are small insects that can latch on to mattresses, pillows and quilts on our beds. Regular vacuuming throughout the home and the use of anti-dust mite bedding can reduce the presence of dust

mites. Also, it is essential to wash bed sheets weekly at temperatures of above 60°C or above. Washing decreases the number of dust mites, hence further reducing the exposure to allergens.

2. Drug Therapy

Medicinal treatments for allergic rhinitis mainly consist of oral anti-allergy medication and nasal steroid sprays. Most oral anti-allergy drugs from the past often caused drowsiness, affecting the functioning of daily activities. Although nasal sprays are steroid treatments, the medication will remain within the nasal cavity, so it has minimal side effects on the body. Sprays can be regarded as a safe treatment option. However, prolonged use is required to control allergic rhinitis effectively.

3. Salt water nasal cavity cleansing

Using saline to rinse the nasal cavity not only removes nasal secretions but also rids the allergens from the cavity, so allergic rhinitis symptoms can improve. However, it should be noted that saline must be used when rinsing the nasal cavity. Do not use tap water, as it may contain bacteria which increases the chance of an infection (such as ear infections).

