

# Is your nose making your asthma worse?



**Have you ever had hay fever (allergic rhinitis), sinus problems (sinusitis) or been told by your doctor that your irritated nose and eyes are caused by allergy?**

Have you experienced any of these symptoms?

- Runny nose, with or without watery eyes
- Itchy nose, throat or eyes
- Frequently blocked nose
- Sneezing
- Unexplained bad breath
- Mouth breathing
- Snoring
- Husky or hoarse voice
- Always seem to be getting a cold
- Frequent sore throats
- Throat-clearing cough
- Facial pain and pressure
- Unexplained headaches
- Frequent middle ear infections
- Weak or lost sense of smell
- Sleeping badly
- Breathing problems even when your asthma is well controlled

An itchy, runny or blocked nose due to allergies can make asthma harder to control.

**If this sounds like you, talk to your doctor or pharmacist.**

Up to four out of five people with asthma also have hay fever (allergic rhinitis) - either at certain times of the year or all year round.

If this sounds like you:

> **Talk to your doctor or pharmacist.**

You may be asked about when your symptoms first started, whether they are worse at certain times of the year and if they have become better or worse over time.

> **Ask about a suitable treatment for you.**

Treating the symptoms in your nose and throat can also improve asthma symptoms.

> **Find out what you're allergic to.**

Avoid your allergy triggers, if possible, but don't forget to also take your medication. Common allergy triggers include pollen, house dust mites and pets. Your doctor may arrange allergy tests (either skin-prick tests or blood tests).

## Where to get more information

National Asthma Council Australia  
[www.nationalasthma.org.au](http://www.nationalasthma.org.au)

Your local Asthma Foundation  
phone: 1800 645 130

The Australasian Society of Clinical Immunology and Allergy (ASCI)  
[www.allergy.org.au](http://www.allergy.org.au)

This information was prepared by the National Asthma Council Australia in consultation with a specialist allergist/respiratory physician, general practitioner and pharmacist. The checklist and information contained in this brochure is intended to help you discuss your asthma with your doctor. It is not a diagnostic test and is not intended to replace professional medical advice. Any questions about a medical diagnosis or treatment should be directed to a medical practitioner.



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