

Allergies

with Leanna St. Onge
of Rocky Co-op Pharmacy



Q: Why is my nose running all the time now and I feel a little stuffed up?

A: You may have seasonal allergies! Allergies can develop over time, and even if you have never had allergies before you may experience them at any point in your life. There are different types of allergic reactions. The most common are skin rash or hives, itchy, watery eyes and runny, sometimes stuffy nose. Less common symptoms may be long-term nasal congestion, headaches and a general feeling of being unwell. All of these respond well to stabilizing your system with some immune system boosters and mast cell stabilizers such as Quercetin. If you are in an acute attack of allergies then an antihistamine might be appropriate to help you get through it. Be sure to talk to your pharmacist if you are experiencing symptoms.



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