



AMERICAN ACADEMY OF ALLERGY ASTHMA & IMMUNOLOGY

The AAAAI suggests parents use the following checklist on the next visit to their child's allergist/immunologist:

If your child has symptoms of allergic rhinitis, an allergist/immunologist can help determine which specific allergens are triggering his or her reaction.

Once your child's allergic triggers are determined, your physician or nurse will work with you to develop a plan to avoid the allergens that trigger your child's symptoms. For example, if you child is allergic to dust mites or indoor mold, you will want to take steps to reduce these allergens in your house as much as possible.

Even if symptoms seem to be localized to the sinuses, the sinuses are not always infected. To make a correct diagnosis, a physician will take a detailed history and perform a physical examination.

Sinus infections generally require a combination of therapies. In addition to prescribing an antibiotic when the sinusitis is caused by bacterial infection, your physician may prescribe a medication to reduce blockage or control allergies.

Several non-drug treatments can also be helpful. These include breathing in hot, moist air, applying hot packs and washing the nasal cavities with salt water.

Although colds are the most common cause of acute sinusitis, it is more likely that people with allergies will develop sinusitis. Allergies can trigger inflammation of the sinuses and nasal mucous linings.

The AAAAI is the largest professional medical specialty organization in the United States representing allergists, asthma specialists, clinical immunologists, allied health professionals and others with a special interest in the research and treatment of allergic disease. Allergy/immunology specialists are pediatric or internal medicine physicians who have elected an additional two years of training to become specialized in the treatment of asthma, allergy and immunologic disease. Established in 1943, the AAAAI has more than 6,000 members in the United States, Canada and 60 other countries. The AAAAI serves as an advocate to the public by providing educational information through its Web site at www.aaaai.org.