

耳鼻喉科中心
ENT Centre

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「傷風」和「鼻敏感」“Cold” and “Allergic Rhinitis”

- 傷風其實是一種鼻膜炎，由過濾性病毒感染而成。它的徵狀除了噴嚏和流鼻水外，很多時會伴有發燒及喉嚨痛。

Common cold is a kind of rhinitis caused by viral infection. In addition to its sneezing and running nose symptoms, it usually accompanied with fever and sore throat.

- 它與鼻敏感的明顯分別是傷風的徵狀持續幾天，但鼻敏感的徵狀通常在早晚時間特別顯著：例如患者在起床時會不斷打噴嚏和流鼻水，但稍後或轉換了另一環境，徵狀會稍為減輕或消失。此外，部份患者會因氣溫的改變、天氣乾燥或休息不足，鼻敏感的情形亦會較為嚴重。

The main difference between “cold” & “allergic rhinitis” is that cold symptoms usually last for a few days, but the symptoms of allergic rhinitis happen particular in the morning and evening time. For example, patients continue sneezing and running nose when wake up but symptoms may slightly reduce or disappear in other environments. In addition, the situation may go worse in case of temperature change, dry weather or lack of rest.



甚麼是「鼻敏感」？ What is Allergic “Rhinitis”？

- 「鼻敏感」是指鼻粘膜因受過敏原的刺激而出現過敏反應，促使鼻腔產生發炎、鼻癢、鼻塞、流鼻水、嗅覺不良、呼吸不暢順、眼痛、眼癢或流眼水等生理症狀。有部份人還會同時患有其他過敏症，例如濕疹或哮喘。

“Allergic Rhinitis” refers to the oversensitive relation due to the stimulation of allergens and resulting. In inflammation, itching, nasal congestion, running nose, eye pain, itching or watery eyes. Some people will also suffer from other allergies, such as eczema or asthma.

「鼻敏感」可以根治嗎？ “Allergic Rhinitis” is curable？

- 會誘發「鼻敏感」的過敏原因包括有花粉、塵埃、霉菌、毛質、動物的體毛和寄生於家居床褥及家具的蟎蟲等，到目前為止，仍未有可徹底清除這些物質或根治過敏的方法，醫生通常會處方一些可以緩解因敏感反應而產生不適的藥物，以減輕患者的不適，但較好的方法還是儘量避免或減少接觸過敏元素。

Allergens include pollen, dust, mold, wool, animal hair and parasitic mites in mattresses and furniture. So far there is no way to completely remove these substances or cure allergy. Doctors usually prescribe anti allergic drugs to reduce patient discomfort. But the best way is to avoid or reduce contact of allergens.

「自療」基本法 Tips on treatment

1. 起居生活方面 Daily life

- 家居環境要清潔：每天都要打掃，宜用吸塵機、地拖或濕布，避免用掃帚和雞毛掃；冷氣機的隔塵網最少兩星期清洗一次，風扇要常抹

Clean the living environment: try to use the vacuum cleaner, mop or wet cloth instead of broom to clean everyday. Also, the filters of air conditioners should be cleaned once every two weeks and fans should always be wiped.

- 使用百葉簾代替布簾，並保持清潔

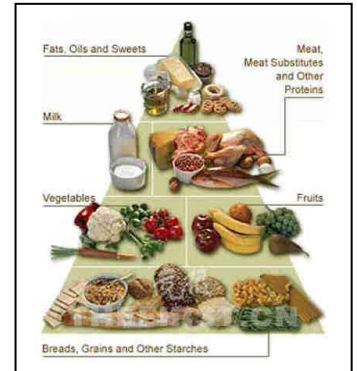
Use venetian blinds instead of curtains, and always clean

- 避免用布梳化及鋪地氈

Avoid using cloth sofa and carpet



- 睡枕、被鋪等宜用不吸塵的布料，例如用尼龍被代替棉被，乳膠枕代替棉花枕頭
It is better to replace cotton quilt with nylon one and use latex pillow instead of cotton
- 避免給兒童毛絨玩具 Avoid giving soft toys to children
- 避免空氣污濁的環境，例如人煙稠密的公眾地方 Avoid going to polluted public places
- 避免在患者面前吸煙及打掃家具
Avoid smoking and cleaning the furniture in front of the patients
- 不宜種植物及飼養寵物 Do not keep plants and pets
- 適當地使用空氣清新機亦可稍助改善室內空氣環境
Proper use of air purifier can improve indoor air ventilation
- 睡枕、被鋪等床上用品應每星期清洗
Replace and wash pillow covers & quilt covers every weeks



2. 飲食方面 Diet

- 除非是對某種食物有敏感，否則毋須特別戒口，只要注意飲食營養均衡便可。
Unless you are sensitive to certain foods, just maintain a balance diet

3. 運動方面 Sports

- 適量的運動可強身健體，鍛鍊體魄 Appropriate exercise can keep physically fit
- 游泳、打波、騎單車等 Swimming, playing football, cycling....etc.



「藥療」法知多 D Information on “Medication”

1. 口服藥 Oral medication

- 一般治療「鼻敏感」藥物的作用包括抑制過敏反應及緩解過敏病狀，例如減少鼻水和鼻塞，但此類藥物均會有或多或少的副作用，例如口乾、昏睡、急躁或精神不振等，因此醫生會根據患者的情況及對藥物的反應而處方

In general, medicines for treatment “Allergic Rhinitis” have the effect on inhibition of allergic reactions and relieve allergy symptoms, such as reducing the running nose or stuffy nose. However, there are more or less side effects, such as dry mouth, drowsiness, annoying or lack of energy so we must follow exactly doctors’ prescription.

2. 鼻腔噴劑 Nasal spray

- 此類藥物可減低身體的過敏反應，但卻不能在短時間將症狀消除，一般需要數日或以上時間的治療，病人不適感覺才得以舒緩。
These drugs can reduce body’s allergic reaction, but can not eliminate the symptoms immediately. It usually takes several days or more for patients to relieve the discomfort.

※ 本單張只提供基本資料，可能發生情況不能盡錄，如有查詢可致電本中心，電話：23398721-2。

This pamphlet only provides basic information. If you have any further question, please call our centre at 2339 8721-2.