

Jim Morelli (CNN): Bare⁽¹⁾ floors, furless⁽²⁾ pets, flowers kept at a safe distance. As millions know, having allergies means making some adjustments.

Catherine: What we have is an inner hypoallergenic lining⁽³⁾.

Morelli: Catherine Bramburg spent the first 30 years of her life allergy-free, and then, suddenly everything seemed to bother⁽⁴⁾ her.

Catherine: I'm allergic to maple⁽⁵⁾ pollen, I'm allergic to ragweed⁽⁶⁾, I'm allergic to goldenrod⁽⁷⁾, I'm allergic to dust mites⁽⁸⁾, I'm allergic to cats.

Morelli: Such nasal allergies go by the medical term allergic rhinitis. The disorder affects at any given time 15% or more of the population. And while symptoms usually aren't serious, they can interfere with daily living, especially with sleep.

Dr John Ohman: People with nasal allergies frequently are tired, their reflexes are down, they have decreased performance at work.

Morelli: Allergic rhinitis can be seasonal in nature, in other words, it comes with the pollens or it can be a year round problem. That's where allergy testing using allergen extracts comes in.

Dr Ohman: The skin is either scratched⁽⁹⁾ or pricked⁽¹⁰⁾ and this produces a hives⁽¹¹⁾ like reaction within 10 or 15 minutes.

Morelli: Avoiding things that make you react is a good way to start feeling better but certain drugs can help too, including anti-histamines and nasal sprays⁽¹²⁾ containing steroids. But ultimately, for some, the answer is desensitization therapy or allergy shots⁽¹³⁾. These contain extracts of whatever a patient is allergic to.

Dr Ohman: The doses start at a very low level and gradually increase in an attempt to make the person less sensitive.

Morelli: Allergy shot therapy worked for Bramburg. She gets one shot a month but she takes other precautions too, including keeping windows closed at night and during pollen season.

Catherine: You can't stop living because you have allergies. In fact, with your dose you treat them, so you can live well. So, you take the common sense precautions, and then, you go about⁽¹⁴⁾ your business.

Morelli: I'm Jim Morelli.

CNN Presenter: Like the patient said in Jim's story, treatment really does help alleviate⁽¹⁵⁾ the symptoms, so talk to your doctor for more information.

Dr Gupta: And you can also log on to the website of the American Academy of Allergy, Asthma and Immunology, that's 4As and an I dot org (www.aaaai.org).

CNN.

Lexical helpline:

1. **bare (adj):** not covered
2. **furless (adj):** without animal hair
3. **lining:** interior covering
4. **bother (v):** disturb
5. **maple:** érable
6. **ragweed:** ambroisie
7. **goldenrod:** gerbe d'or
8. **dust mites:** acariens
9. **scratch (v):** make a mark on a surface
10. **prick (v):** make a small hole through a surface
11. **hives:** urticaria
12. **spray:** jet of liquid
13. **shot:** injection
14. **go about:** deal with
15. **alleviate (v):** relieve, ease (pain)