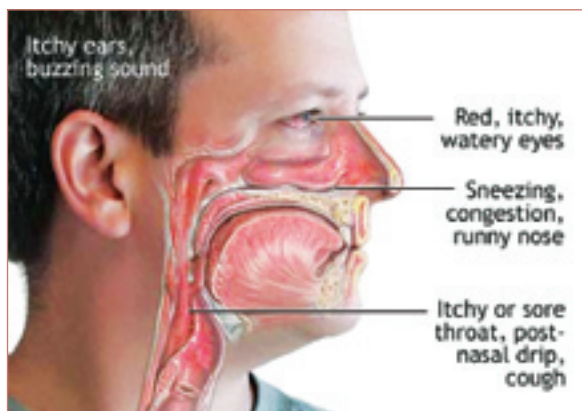




# 鼻敏感 無得斷尾？



圖一  
Picture 1

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## 1. 甚麼是敏感？

當身體遇到異物入侵時，身體都會即時作出反應以抵抗外敵。過程都是以細胞為本的連串化學作用，從而包圍、減輕，甚至消除異物的入侵。若然反應超越正常程度便為之過敏。比方說，微粒進入鼻孔而引起痕癢及打噴嚏是正常的，但當連續及極度反應維持了一段長時間，便為之過敏或敏感。

## 2. 鼻敏感是甚麼？

當異物（即鼻感源）在鼻子誘發連鎖敏感性化學反應的時候，便稱之為鼻過敏，過敏性鼻炎或鼻敏感，最常有的徵狀是打噴嚏、流鼻水、鼻塞或鼻液倒流。有時也會有眼淚痕癢及流眼水等。（圖一）

## 3. 敏感三兄弟

在與敏感源接觸後，身體容易同時產生在皮膚，氣管及鼻子的過敏反應，因而產生濕疹、哮喘及鼻敏感的徵狀。所以小孩及成年人都容易同時患上以上任何兩種，甚至全部的敏感症。故此，對以上三種病症的藥物處方，也常有共通之處。

## 4. 怎樣醫治鼻敏感？

### 一. 截斷病源

既然明白了病因是從敏感源開始，我們就必須從根源醫治，所以要針對性移除或避免與致敏源接觸。根據多項調查發

現，家居中最常見的致敏源是塵蟎（圖二）。塵蟎是一些只有0.1至0.2毫米大小的生物，依附在家中的床褥、寢具、地氈、窗簾等東西，喜愛溫暖和潮濕的環境，以人類的皮屑為食物。一般常見的致敏源包括：

1. 塵蟎
2. 蟑螂
3. 動物毛髮，如貓狗等
4. 霉菌

所以要減少鼻敏感，便要從源頭做起，減少塵蟎的數量，盡量保持家居清潔，方法如下：

1. 不要用掃帚或一般以紙袋盛載塵埃的吸塵機，要用濕布抹家具及用水隔濾的吸塵機。
2. 減少讓塵蟎匿藏的地方，少用地氈、毛衣、毛巾及毛公仔。寢具可選用一些抗敏性質的布料，枕頭可套上膠套，方便清潔。
3. 不要飼養貓狗
4. 毛公仔要用保鮮紙包裹
5. 減少盆栽
6. 戒除吸煙

### 二. 藥物治療

#### 1. 口服藥物

最常使用的藥物有抗組織胺，分為傳統及無睡意兩類。還有其他種類的藥物，以減輕鼻塞、打噴嚏及鼻水等問題。

#### 2. 噴鼻藥物

一般水狀或霧化的噴鼻藥物，都含有微量的類固醇，按醫生指示使用是不會引起副作用的。適宜作長期或維持性功能使用。（圖三）

#### 3. 手術

若長期及大量使用藥物都不能減輕病情，便要考慮手術來改善病情。手術有輕至重的不同程度，可在診所或醫院以局部或全身麻醉方式進行。

# Nasal Allergy Treatment

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## What is an Allergy?

When our body is invaded by foreign objects, it reacts immediately to resist/fight the intrusion. The reaction starts at the cellular level and serves to embrace the object, scale down the harm and sometimes eliminate the object totally from the body. When this normal reaction becomes exaggerated, it is termed 'allergy'. For example, when a grain of dust sits onto the nose, it would trigger off sneezing for a while. But when this reaction becomes prolonged and exaggerated, it represents a kind of allergy.

## What is a Nasal Allergy?

When the source of allergy, i.e. an allergen, causes excessive chemical reaction in the nose, it is called allergic rhinitis or hay fever. The commonest presented symptoms are runny nose, congestion, postnasal drip and sneezing. Sometimes it may be associated with watery eyes as well. (Picture 1)

## An Allergy's Close Relatives

After making contact with the allergen, the body may develop allergic reactions on the skin, airway or nose, thus manifesting the symptoms of eczema, asthma and nasal allergy. It may happen as single, double or triple in combination in both adults and children. Hence the medicine prescribed for these three illnesses can be quite similar.

## Treating the Illness

### A. Self Treatment

Since the root of the illness is an allergen, we have to control the disease right from its origin. In other words we have to prevent contact between the allergens and our body. According to many scientific studies the commonest allergen is from house dust mites. (Picture 2)



Figure 2  
Picture 2

Dust mites are miniature size bugs ranging in size from 0.1 to 0.2 mm across. They live in many household items such as bedding, carpets, and curtains. They favour a

warm and humid environment and feed on the skin that is naturally shed from human beings and animals.

The commonest sources of allergens are: house dust mites; cockroaches; dandruff and hair from pets; and mould.

In order to minimise the nasal allergy, we have to reduce the population of house dust mites, and other common sources of nasal allergy, by keeping the home clean in the following ways:

- Don't use traditional vacuum cleaners, instead use water filtering ones or use a wet towel to wipe the furniture.
- Don't have carpets, curtains, fluffy clothes or dolls. Choose allergen barrier bedding or nylon material for covers. Frequent washing is essential.
- No pets.
- When storing dolls wrap in plastic wrap.
- No indoor plants.
- No smoking.

Figure 3  
Picture 3



### B. Medical Treatment

**Oral drugs:** The commonest chosen item is an anti-histamine. There are traditional and non-drowsy ones. Of course, there are classes to reduce nasal congestion, sneezing and runny nose.

**Nasal sprays:** Nasal mist or aqua sprays, containing a minimal dose of steroid, are used for maintenance and long-term treatment. When used in accordance to the instruction of the doctor, no side effect is expected. (Picture 3)

**Surgery:** When adequate doses of medicine are used for prolonged periods of time, producing unsatisfactory results, then surgery has to be considered. Various scales of surgery are available. They could be executed under local or general anaesthesia in either the doctor's office or the hospital.