

**BREAK AWAY**  
FROM ALLERGY SYMPTOMS

**TALK TO YOUR HEALTHCARE PROFESSIONAL NOW!**

A community health message brought to you by



Malaysian Society of Allergy and Immunology



Malaysian Society of Otorhinolaryngologists Head & Neck Surgeons (MSO-HNS)

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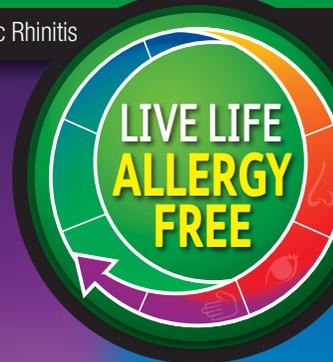
\* Adapted from Global Primary Care Education: Based on the 2007 ARIA Workshop Report & The IPAG Handbook In Collaboration with WHO, GA<sup>2</sup> LEN, Allergen & Wonca.  
† Only using questions specific to AR.

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# ALLERGY SELF-TEST\*

A questionnaire to screen Allergic Rhinitis



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LIVE LIFE  
ALLERGY  
FREE



## What are allergies?

An allergy is a condition in which your body's immune system overreacts to normally harmless substances. These substances are called "allergens". When you come into contact with allergens, your body responds by releasing a chemical called "histamine", which leads to those uncomfortable allergy symptoms.

Upper respiratory allergies are characterized by runny nose, itching of the nose or throat, sneezing, and itchy, watery eyes. Allergic Rhinitis (AR) is classified as:

- **Seasonal Allergic Rhinitis**
- **Perennial Allergic Rhinitis**



## Allergy Self-Test

A questionnaire to screen AR

**Are your nose and eyes  
telling you something?**

**Do you have AR?**

**TEST YOURSELF!**



**Q. Do you have any of the following symptoms for at least one hour on most days?†**

Symptom	YES	NO
<b>I.</b> Watery runny nose	<input type="checkbox"/>	<input type="checkbox"/>
<b>II.</b> Sneezing, especially violent & repetitively	<input type="checkbox"/>	<input type="checkbox"/>
<b>III.</b> Nasal obstruction / Nose block	<input type="checkbox"/>	<input type="checkbox"/>
<b>IV.</b> Nasal itching / Nose itching	<input type="checkbox"/>	<input type="checkbox"/>
<b>V.</b> Conjunctivitis (red, itchy eyes)	<input type="checkbox"/>	<input type="checkbox"/>

**If you have answered YES to one or more, you probably have AR. Talk to your healthcare professional.**

**Your healthcare professional may ask you the following questions to determine the severity of AR:†**

- Do you have allergy symptoms (as per Q) for < 4 days in a week or < 4 consecutive weeks?
- Do you have allergy symptoms (as per Q) for > 4 days in a week and > 4 consecutive weeks?
- Do your allergy symptoms (as per Q) interfere with your quality of life e.g. sleep disturbance, impairment of daily activities / school / work

**If AR can be picked up early, there are steps you can take for prevention and HAVE A BETTER QUALITY OF LIFE.**

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