



# Allergien (Ratgeber Gesundheit) (German Edition)

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# Allergien (Ratgeber Gesundheit) (German Edition)

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Heuschnupfen (Pollinosis) ist eine allergische Reaktion des Körpers gegen Pollen von blühenden Gräsern, Sträuchern oder Blumen. Die typischen Symptome: heftiges Niesen, Juckreiz in der Nase, wasserklares Nasensekret, gerötete Augen. Die Heuschnupfen-Saison dauert - je nach Wetterlage - von Ende Januar bis Oktober. Betroffen ist etwa jeder fünfte. Die Häufigkeit der Erkrankung ist in den letzten Jahren stark angestiegen. In Deutschland leidet heute etwa jeder fünfte Erwachsene unter Heuschnupfen-Symptomen. Bei Kindern und Jugendlichen bis 17 Jahren liegt die Häufigkeit bei etwa bei zehn Prozent.

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