



FACTS ABOUT PREGNANCY RHINITIS

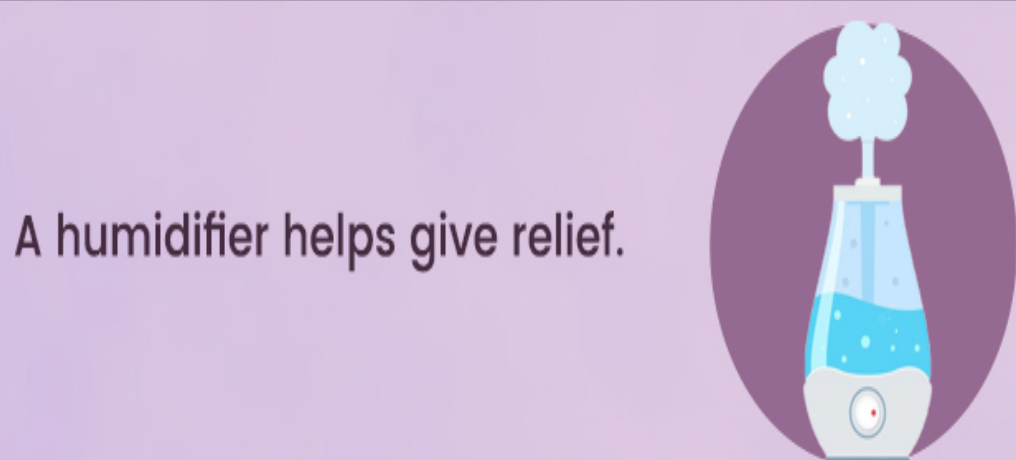


Most common in the second and third trimesters.

It is non-allergic and non-infectious.



Existing asthma or allergy does not increase the risk.



A humidifier helps give relief.



Symptoms may cause sleep disturbances.

Slightly higher incidence in women carrying female babies for not fully known reasons.



References

1. Tips for managing pregnancy rhinitis; UT Southwestern Medical Center
2. Pregnancy Rhinitis: Relief for Ongoing Nasal Congestion Is Possible; Nationwide Children's Hospital