

Chapter 1 : Why Does My Nose Run?

It's quite common, yet highly annoying -- a runny nose. Your nose drips when your nasal tissues and blood vessels produce excess fluid or mucus, according to the Mayo Clinic. This excess fluid also runs down the back of your throat in the dreaded post-nasal drip. Sometimes you'll have nasal.

The congestion typically goes away by itself within a week. Congestion also can be caused by: Hay fever or other allergies Use of some nasal sprays or drops bought without a prescription for more than 3 days may make nasal stuffiness worse Nasal polyps , sac-like growths of inflamed tissue lining the nose or sinuses Pregnancy Vasomotor rhinitis Home Care Finding ways to keep mucus thin will help it drain from your nose and sinuses and relieve your symptoms. Drinking plenty of clear fluids is one way to do this. Apply a warm, moist washcloth to your face several times a day. Inhale steam 2 to 4 times a day. One way to do this is to sit in the bathroom with the shower running. Do not inhale hot steam. Use a vaporizer or humidifier. A nasal wash can help remove mucus from your nose. You can buy a saline spray at a drugstore or make one at home. Use gentle saline nasal sprays 3 to 4 times per day. Congestion is often worse when lying down. Keep upright, or at least keep the head elevated. Some stores sell adhesive strips that can be placed on the nose. These help widen the nostrils, making breathing easier. Medicines you can buy at the store without a prescription can help your symptoms. Decongestants are drugs that shrink and dry up your nasal passages. They may help dry up a runny or stuffy nose. Antihistamines are drugs that treat allergy symptoms. Some antihistamines make you drowsy so use with care. Nasal sprays can relieve stuffiness. Many cough, allergy, and cold medicines you buy have more than one medicine inside. Ask your provider which cold medicines are safe for you. If you have allergies: Your provider may also prescribe nasal sprays that treat allergy symptoms. Learn how to avoid triggers that make allergies worse. When to Contact a Medical Professional Call your provider for any of the following: A stuffy nose with swelling of the forehead, eyes, side of the nose, or cheek, or that occurs with blurred vision More throat pain, or white or yellow spots on the tonsils or other parts of the throat Discharge from the nose that has a bad smell, comes from only one side, or is a color other than white or yellow Cough that lasts longer than 10 days, or produces yellow-green or gray mucus Nasal discharge following a head injury Symptoms that last more than 3 weeks Nasal discharge with fever What to Expect at Your Office Visit Your provider may perform a physical exam that focuses on the ears, nose, throat, and airways. Tests that may be done include: Allergy skin and blood tests Blood tests.

Chapter 2 : 6 Simple Ways to Get Rid of a Runny Nose - wikiHow

Runny nose can be caused by anything that irritates or inflames the nasal tissues. Infections such as the common cold and influenza, allergies and various irritants may all cause a runny nose. Some people have a chronically runny nose for no apparent reason, a condition called nonallergic rhinitis or vasomotor rhinitis (VMR).

Newsletter What Causes Sneezing? A sneeze is a powerful, involuntary expulsion of air. Sneezing often happens suddenly and without warning. What causes you to sneeze? In most cases, your nose traps this dirt and bacteria in mucus. Your stomach then digests the mucus, which neutralizes any potentially harmful invaders. Sometimes, however, dirt and debris can enter your nose and irritate the sensitive mucous membranes inside your nose and throat. When these membranes become irritated, it causes you to sneeze. Sneezing can be triggered by a variety of things, including: Allergies can cause you to sneeze when your body tries to expel these organisms. Infections Infections caused by viruses such as the common cold and flu can also make you sneeze. There are more than different viruses that can cause the common cold. However, most colds are the result of the rhinovirus. Less common causes Other, less common causes of sneezing include: People with allergies often use these sprays. Shop for nasal sprays. How to treat sneezing at home One of the best ways to keep from sneezing is to avoid things that trigger you to sneeze. You can also make some simple changes in your home to reduce irritants. If you have pets that shed, you might consider cutting their hair or removing them from the home if their fur bothers you too much. You might also decide to purchase an air filtration machine to clean the air in your home. In extreme cases, you may need to get your home checked for mold spores, which may be causing your sneezing. If mold infests your home, you may need to move. Shop for air filtration machines. Treating the underlying causes of sneezing If your sneezing is a result of allergies or an infection, you and your doctor can work together to treat the cause and resolve your sneezing. If an allergy is the cause of your sneezing, your first step will be to avoid known allergens. Some of the most common antiallergic medications are loratadine Claritin and cetirizine Zyrtec. If you have severe allergies, your doctor might recommend that you receive allergy shots. Allergy shots contain the extracts of purified allergens. Exposing your body to allergens in small, regulated doses helps keep your body from reacting to allergens in the future. If you have an infection, such as the common cold or flu, your treatment options are more limited. Currently, no antibiotic is effective in treating the viruses that cause colds and the flu. You can use a nasal spray to relieve a congested or runny nose, or you can take an antiviral medication to speed up your recovery time if you have the flu. You should get plenty of rest and drink lots of fluids to help your body recover faster. Healthline and our partners may receive a portion of revenues if you make a purchase using a link above.

Chapter 3 : Rhinorrhea - Wikipedia

A runny nose is the result of excess nasal mucus production, leading to watery nasal secretions that discharge from the nostrils or drip down into the throat. While a cold or the flu is often the culprit, a runny nose can also be the result of allergies.

The membranes create mucus faster than it can be processed, causing a backup of mucus in the nasal cavities. As the cavity fills up, it blocks off the air passageway, causing difficulty breathing through the nose. Air caught in nasal cavities, namely the sinus cavities, cannot be released and the resulting pressure may cause a headache or facial pain. If the sinus passage remains blocked, there is a chance that sinusitis may result. Excess mucus accumulating in the throat or back of the nose may cause a post-nasal drip, resulting in a sore throat or coughing. One of the purposes of nasal mucus is to warm inhaled air to body temperature as it enters the body. In order for this to happen, the nasal cavities must be constantly coated with liquid mucus. During cold, dry seasons, the mucus lining nasal passages tends to dry out, meaning that mucous membranes must work harder, producing more mucus to keep the cavity lined. As a result, the nasal cavity can fill up with mucus. At the same time, when air is exhaled, water vapor in breath condenses as the warm air meets the colder outside temperature near the nostrils. This causes an excess amount of water to build up inside nasal cavities. In these cases, the excess fluid usually spills out externally through the nostrils. During these infections, the nasal mucous membranes produce excess mucus, filling the nasal cavities. This is to prevent infection from spreading to the lungs and respiratory tract, where it could cause far worse damage. Acute sinusitis consists of the nasal passages swelling during a viral infection. Chronic sinusitis occurs when one or more nasal polyps appear. Rhinorrhea can also occur when individuals with allergies to certain substances, such as pollen, dust, latex, soy, shellfish, or animal dander, are exposed to these allergens. In people with sensitized immune systems, the inhalation of one of these substances triggers the production of the antibody immunoglobulin E IgE, which binds to mast cells and basophils. IgE bound to mast cells are stimulated by pollen and dust, causing the release of inflammatory mediators such as histamine. Particulate matter in polluted air and chemicals such as chlorine and detergents, which can normally be tolerated, can make the condition considerably worse. Lacrimation[edit] Rhinorrhea is also associated with shedding tears, whether from emotional events or from eye irritation. When excess tears are produced, the liquid drains through the inner corner of the eyelids, through the nasolacrimal duct, and into the nasal cavities. As more tears are shed, more liquid flows into the nasal cavities, both stimulating mucus production and hydrating any dry mucus already present in the nasal cavity. The buildup of fluid is usually resolved via mucus expulsion through the nostrils. Cerebrospinal fluid rhinorrhoea If caused by a head injury, rhinorrhea can be a much more serious condition. A basilar skull fracture can result in a rupture of the barrier between the sinonasal cavity and the anterior cranial fossae or the middle cranial fossae. This rupture can cause the nasal cavity to fill with cerebrospinal fluid. This condition, known as cerebrospinal fluid rhinorrhoea or CSF rhinorrhea, can lead to a number of serious complications and possibly death if not addressed properly. Due to changes in clinical practice, Rhinorrhea is now reported as a frequent side effect of oxygen-intubation during colonoscopy procedures [A simple, innovative way to reduce rhinitis symptoms after sedation during endoscopy" by Nai-Liang Li, et al, Canadian Journal of Gastroenterology, , Feb; volume 25 2: Rhinorrhea can also be the side effect of several genetic disorders, such as primary ciliary dyskinesia. For general cases blowing your nose can get rid of the mucus buildup. Though blowing may be a quick-fix solution, it would likely proliferate mucosal production in the sinuses, leading to frequent and higher mucus buildups in the nose. Alternatively, saline nasal sprays and vasoconstrictor nasal sprays may also be used, but may become counterproductive after several days of use, causing rhinitis medicamentosa. In recurring cases, such as those due to allergies, there are medicinal treatments available. For cases caused by histamine buildup, several types of antihistamines can be obtained relatively cheaply from drugstores. People who prefer to keep clear nasal passages, such as singers, who need a clear nasal passage to perform, may use a technique called " nasal irrigation " to prevent rhinorrhea. Nasal irrigation involves rinsing the nasal cavity regularly with salty water or store bought saline

solutions. Rev Stomatol Chir Maxillofac. Contemporary psychiatric-mental health nursing. Upper Saddle River, N.

Chapter 4 : Runny nose - Mayo Clinic

My nose is continually running even though I don't have a cold. I keep on blowing it but it runs and then it plugs up. This cycle happens all the time. Help me, Alice! Dear Reader, Go easy on the honking! Repeatedly blowing your nose can actually be detrimental to your nasal health. Blowing your.

Yellow Liquid Coming Out of Nose: Causes and Remedies If you are worried about yellow liquid from nose, you are not alone. Many people suffer from this from time to time. Fortunately, it usually means something benign and there is no need to worry. But sometimes it might be a sign of something more serious. Possible Causes of Yellow Liquid from Nose

- 1. Sinus Infection** This is by far the most common reason that you might experience yellow liquid from nose. A sinus infection, also known as sinusitis, is an inflammation and infection of the sinus cavity in your head. It can be a painful and annoying situation, but it can be resolved. The sinus infection might also give you pain and pressure in your face, a loss of smell and flu-like symptoms, including fever or nasal stuffiness. **How to Treat Sinus Infection** Fortunately, this is easily treated. Your doctor is likely to prescribe medications that can help, including allergy medications or decongestants. You can also indulge in home remedies, such as breathing in steam vapors or using saline nasal solutions.
- Allergies** Many people have allergies. One of the more frustrating signs is a yellow liquid from nose. You might be allergic to almost anything, from pollen to smoky environment to perfume. If you are experiencing the dripping from your nose often, your doctor might run tests to figure out what allergies you have and how to treat them.
- Cerebrospinal Fluid CSF Leak** This is a very rare reason, but it does happen especially among those who have had some sort of head injury. This leaking happens when the spinal fluid leaks through a hole in the skull. You might also feel a terrible headache, or have trouble with vision or hearing. Since this is a serious case, seek medical help immediately.
- Causes and Diagnosis of CSF Leak** This often happens among those who have high cranial pressure, including those who have overweight, have experienced head trauma or a severe sinus problem. The liquid from nose will be collected and examined in order to determine if it is a leak or not.

Natural Remedies for Yellow Liquid from Nose

- 1. Hydration** If you do have a sinus infection which is the most likely scenario, try these home remedies. Hydration is at the top of the list. Drink as much water as you can and avoid anything with caffeine in it, as this might cause even more sinus problems.
- Steam Inhalation** Place a bowl of very hot water on the table and add a few drops of peppermint oil, eucalyptus or tea tree oil. Lean over the bowl, place a towel over your head to trap the steam and breathe deeply.
- Apple Cider Vinegar** Add two or three tablespoons apple cider vinegar into water and drink it three times per day to help provide some relief to yellow liquid from nose.
- Saline Solution** You can buy saline solution at the pharmacy, or you can create your own solution by mixing three teaspoons of canning salt with one teaspoon of baking soda. Add one teaspoon of this mixture to water, mix it well, and then use a bulb syringe to squirt the water into your nose. Make sure to tilt your head so that the water runs out. It can help clear the mucus.

Chapter 5 : "Runny nose" and "running nose" | Ask The Editor | Learner's Dictionary

Name: _____ *My Nose is Running* By Neal Levin Fill in the missing letters to create words from the story. Then write the full word on the line.

In addition to the function of smell, the nose serves to protect our body from potentially harmful substances such as viruses or bacteria as well as foreign objects such as particles of dust or smoke. A runny nose starts when the tissue and blood vessels in the nose react to something in the environment and produces fluid or mucous for protection. The steps I suggest to patients who suffer from a persistent runny nose include: Identify and avoid triggers and irritants: Common triggers include environmental allergens pollen, dust, pet dander , odours perfumes , irritants cigarette smoke and other causes including spicy food, temperature change and for some, strong emotions. Clean and dust regularly: Dust and pet dander can accumulate in the home and can trigger symptoms. Specifically, dust mites are tiny insects that live on the fibre of carpeting, furniture, mattresses and bedding. While they do not cause pain or bite humans, dust mites are a very potent allergic trigger for many people. In addition to regular cleaning, consider washing your bedding in hot water weekly and use dust mite covers on your mattresses and pillows. An air filter may also be helpful to improve the air quality in your home as well as regularly changing your heating and air conditioning filters. Take care of your nose: It may seem counterintuitive, but a dry nose can reactively overproduce mucous and continuously run. To help with this, there are options such as nasal saline rinses or nasal lubrication which can both be bought over-the-counter. Keeping well hydrated can also thin mucous and help moisturize the nasal passages. There are many potential medicated nasal sprays, including inhaled corticosteroids and inhaled antihistamines. The choice of topical therapy depends on your symptoms, other medical conditions and medications. In general, these medications are safe but potential side effects include nasal dryness and irritation, and if used for extended periods of time can cause a paradoxical rebound increase in mucous production. Not many oral therapies are recommended for an isolated runny nose, but if related to allergies, antihistamines such as Reactine, Claritin or Benadryl can be considered. These can be bought over-the-counter and come in drowsy and non-drowsy formulations. If runny nose is related to inflammation or congestion, anti-inflammatories or decongestants can be helpful. If your runny nose is persistently unilateral from one nostril only , there is blood in the mucous, or occurs following a head injury - see your doctor immediately to rule out a more serious cause. Send family doctor Sheila Wijayasinghe your questions at doctor.globeandmail. Your name will not be published if your question is chosen.

Chapter 6 : I have a chronic runny nose. What's going on? - The Globe and Mail

Decongestants are helpful in drying out your nose when you have a cold, but your runny nose might actually get worse if you start to rely on them too much. "If they're overused for more than a

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Chapter 7 : Stuffy or runny nose - adult: MedlinePlus Medical Encyclopedia

Clearing the mucus from your nose is the best way to get it to stop running, so gently blow your nose into tissues when you need to. If your nose is extremely runny, rip a tissue in half, roll the pieces into 2 small balls, and place one in each nostril.

Continue Got a case of the sniffles? Chances are that your nose is running faster than a waterfall. But what is a runny nose exactly? A runny nose is a nasal discharge of mucus. While a cold or the flu is often the culprit, a runny nose can also be the result of allergies. There are simple steps you can take to feel better fast. Here are some smart ways to stop a runny nose: Drink plenty of fluids Sipping lots of water and clear chicken broth will help thin your mucus and allow it to drain faster from your nose and sinuses. Drinking hot tea or milk can also have a soothing, warming effect. Plus, resting will give you a much-needed break from blowing your nose! Apply a warm compress Putting a warm compress over your nose and forehead can help relieve sinus pressure and congestion. This will help relieve nasal congestion and help stop your runny nose. Get steamy The next time you have a stuffy nose, try sitting in the bathroom with the shower running. You can also breathe in steam from a bowl of hot water. Inhaling warm not hot steam can help soothe the mucous membranes lining the nose. Use a humidifier A clean humidifier or cool mist vaporizer is a great way to add moisture back into your environment. Doing so will help keep your nasal passages moist, allowing mucus to drain faster. Try a saline nasal spray or drops Using a gentle saline nasal spray, or drops three to four times a day can help stop a runny nose and make it easier to breathe. The saline solution will help soothe the mucous membranes inside the nose. Use the right OTC meds Non-prescription medications can help ease your symptoms.

Chapter 8 : 10 Reasons You Have a Runny Nose | HowStuffWorks

A dog's allergy symptoms don't stop at a runny nose; they can also include sneezing, coughing, itchiness, nosebleeds, and breathing problems. Avoiding the allergy trigger is the best way to treat allergies, but that can be hard to do, especially if you don't know what's behind your dog's symptoms.

Chapter 9 : Yellow Liquid Coming Out of Nose: Causes and Remedies | New Health Advisor

As well as a runny nose with clear discharge, as you have, it can also cause sneezing, nasal congestion, or itching. Less common is chronic non-allergic rhinitis.