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Is just one breath of smoke enough to ruin your day? As soon as the person next to you lights up, the first thing to cross your mind is the unpleasant memory of your last clash with secondhand smoke and the runny nose, sneezing, and congestion that followed. For some, the reaction to Cigarettes Online smoke closely resembles an allergic reaction, which leads them to believe that they have "smoke allergies".

There are a lot of "smoke allergy" myths that actually make it harder to properly treat your condition. This article will help you tell if determine whether you are affected by "smoke allergies" and what you can do to better protect yourself from the illnesses associated with smoke exposure.

Who is Prone to "Smoke Allergies"?

â€¢ Children and Infants

â€¢ Elderly Persons

â€¢ People with allergy history (anyone with allergies, asthma, eczema, etc)

â€¢ People exposed to heavy smoke for long periods of time

Sometimes people who are sensitive to tobacco smoke will also experience allergy-like symptoms when they encounter strong odors, perfumes, weather changes or temperature changes.

Two Main Types of Smoke Sensitivity

The best way to treat your "allergy" to smoke is by first identifying what sort of sensitivity you are experiencing. There are two forms of smoke sensitivity:

â€¢ Smoke Aggravating Underlying Allergies: your body is weakened by smoke and begins reacting to all the tiny bits of pollen, dust and dander that usually would not have been a problem.

â€¢ Vasomotor Rhinitis: this is a condition that has the exact same symptoms as allergic rhinitis (or nasal allergies), but cannot be treated by antihistamine allergy medicine.

Tobacco Smoke Exposure

A lit Cigarettes Online Australia is capable of releasing over 4,000 different chemicals into the air (80 of these are known or suspected carcinogens). Sometimes avoiding situations where people are smoking is almost impossible. Often a family member will smoke indoors, or a public place like a bar or restaurant will allow smoking. Depending on the severity of your reaction, just the smell of smoke on someone's clothing or in a room where someone had smoked can cause irritation. So, even though avoidance of tobacco smoke is the best method to prevent "smoke allergies", it may not be a practical solution, take Camel Cigarettes, Marlboro Cigarettes Australia & Newport Cigarettes Australia.

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