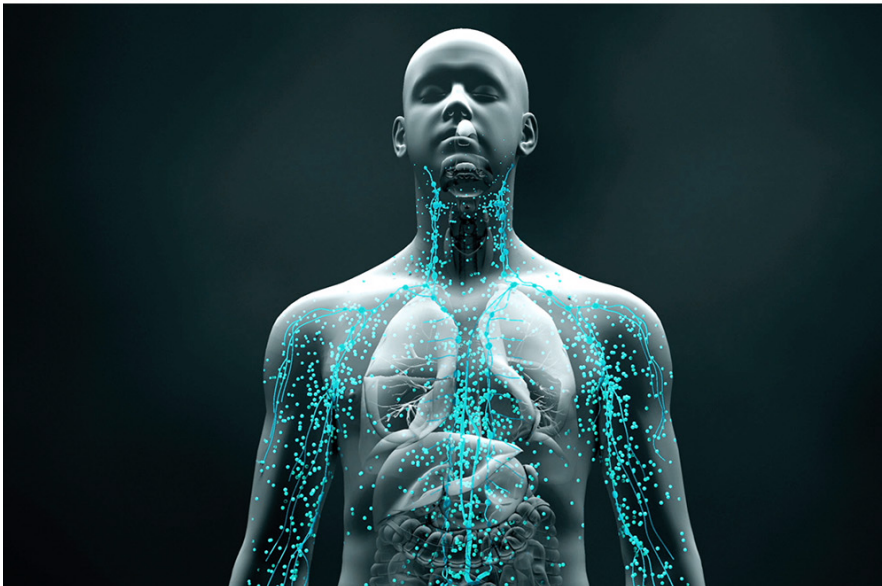




Antihistamines



Overview

These drugs are commonly used to ease your allergy symptoms. They're also used to treat other issues. You can buy some antihistamines over-the-counter. Others require a prescription.

How do they work?

How do they work? They block a chemical called "histamine." It's made by your immune system. When you come into contact with an allergen, your body releases histamine in an attempt to protect you from it. This makes your blood vessels swell and dilate. It leads to things like itchy eyes, sneezing and coughing. When we block histamine, we can lessen or avoid these symptoms.

Other uses

Antihistamines aren't only used for allergies. They also help with certain stomach problems and heartburn. They help with motion sickness, vertigo and headaches. And we use them for anxiety and other issues.

Are they safe?

Are they safe? Yes, these drugs are widely used, and they are safe for many people. But they can have side effects. They also interact with other drugs. So they may not be safe for everyone. Talk to your doctor before taking an antihistamine.