

Problems with a drippy faucet?

Last week, we focused on congestion, or stuffiness, in the common cold. This week, we will explore the treatment of the opposite symptom, a “runny” nose. Rhinorrhea, more commonly known as a runny nose, is a common symptom of the cold. Antihistamines such as chlorpheniramine, diphenhydramine and loratadine are used to treat rhinorrhea. Loratadine is the only antihistamine of the above listed that does not cause drowsiness. Antihistamines can also be found in combination products with analgesics, medications used to relieve pain. Analgesics commonly seen in combination cold products include acetaminophen (Tylenol®) and ibuprofen (Motrin®, Advil®). These medications are useful for headache, fever, malaise, sore throat pain, muscle aches, and other symptoms commonly seen in cold sufferers.