



## Nasal sprays: Gene expression profiles and symptoms of allergic rhinitis (hay fever)

A clinical trial seeking adults with allergic rhinitis to trial commercially available nasal sprays

### Overview

Our study seeks to examine the effects of commercial nasal sprays on immune function in the nose. We also aim to evaluate the role of gut bacteria in allergy. This study will improve the understanding of allergic disease so that more effective treatments can be developed.

### Participants will be required to:

- Administer a free nasal spray twice daily for 7 days
- Attend a screening appointment at the Queensland Allergy Services clinic (Southport) for a free skin prick test
- Attend two clinic visits at Griffith University Gold Coast Campus – Clinical Trials Unit
- Provide blood samples, nasal wash samples and a stool sample
- Complete questionnaires about your health history and allergy symptoms

### Selection Criteria

#### *Inclusion criteria*

Males and females, aged 18-65 with more than a 2 year history of moderate to severe allergic rhinitis.

#### *Exclusion criteria*

History of asthma or immune dysfunction, use of immune modulating medications, or current use of probiotics.



**To find out more about this trial, or to volunteer, please contact:**

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