

A matter of choice

- ▶ Kenalog® injections were given routinely for severe hay fever via the NHS until around 5-10 years ago, but are no longer available (although it is still licensed in the UK for the treatment of hay fever) as the potential risks are deemed not to justify the benefits that people gain from the treatment. There are many people who have used Kenalog® with good effect and while not disagreeing with the assessment & decision of the NHS, patients can be given the choice to make an informed decision when they have considered the risks and potential side effects having been presented with the information and having undergone a thorough consultation with the practitioner.
- ▶ **Potential benefits:**
- ▶ An injection of **triamcinolone** helps with the symptoms of severe hay fever and can completely relieve all of the symptoms for many people for the entire season. Occasionally a second injection is sometimes required. It is not recommended to have more than two injections per season (80mg)

The injection does not cure hay fever merely suppresses the immune system enough in most people to take away the symptoms



Possible side-effects

- ▶ As a powerful steroid, this medication is designed to reduce the body's inflammatory and allergic response. The effects of an injection of Kenalog 40mg is approximately around the same as taking oral prednisolone 5mg each day for 3 weeks. While the effects of a tablet will be gone in 24 hours or less, the effects of an injection remain much longer. This is the main reason for the change in NHS guidance and it is important that patients are make fully aware of this. Having a suppressed immune system for up to 3 weeks can cause significant problems
- ▶ Covid-19 Given the immuno-suppressive action of Kenalog® a gap of 3+ weeks should be left between vaccination and administration. Vaccination must take preference and patients advised not to put of vaccination in favour of treatment with Kenalog.

Side-effects common or very common

➤ Common or very common

- Anxiety, abnormal behaviour, electrolyte imbalance, altered mood, nausea, impaired healing, sleep disorders, peptic ulcer, fatigue, fluid retention, cognitive impairment.

➤ Uncommon

- Adrenal suppression, increased appetite, bone fractures, impaired diabetic control, eye disorders, heart failure, hypotension, myopathy, vertigo, blurred vision, thromboembolism, pancreatitis.

➤ Rare or very rare

- Malaise, tendon rupture



