

# Allergy Symptoms Fierce For The Four Seasons Ⓜ

(NAPSA)—This year's spring allergy season was the most severe in years, according to experts nationwide. To make matters worse, for many, allergy symptoms don't just come and go with the four seasons; they can affect sufferers year-round.

John Lloyd Young, star of the Broadway hit "Jersey Boys," understands the importance of controlling allergy symptoms 24 hours a day, throughout the entire year. Young, who received a Tony Award® for his portrayal of Frankie Valli, has to be at his best for every performance and cannot allow sneezing fits or a runny nose to get in the way of his theater-filling falsetto.

"Performing eight times a week is already taxing, both vocally and physically, so the last thing I want to worry about is my allergies," said Young. "But I can't avoid pollen or my girlfriend's cats, which cause my symptoms to flare up. My allergies would get so bad that it was almost impossible for me to perform. That's when I finally decided to take action and visit my doctor."

In addition to cats and seasonal pollen, Young also is allergic to dust and mold—and he is not alone. Allergies affect an estimated 50 million Americans. Symptoms can occur seasonally because of airborne pollen from grasses, trees and weeds, or year-round as a result of dust mites, pet dander, cockroaches or mold. Mold spores are especially common in the summer, and vacationing may expose allergy sufferers to regional triggers they have not

previously encountered.

## Can't Take My Eyes Off Of You

While itchy, watery eyes and a stuffy nose are sure to attract attention, it's not the kind of attention you want on the job. Allergies are a major cause of absenteeism and result in nearly 4 million missed workdays each year, for a total cost of more than \$700 million in lost productivity in the U.S.

## Oh, What a Night (And Morning)

Mornings can be especially difficult for allergy sufferers because pollen concentrations are usually highest between 5 a.m. and 10 a.m. In addition, if a pet is sleeping in the bed, exposure to their dander may account for the increased prevalence and severity of morning allergy symptoms.

"Allergy symptoms can make sufferers feel irritable in the morning and may affect them throughout the day and into the night," says Dr. Kerry LeBenger, board-certified allergist and immunologist with Summit Medical Group in New Jersey. "Even with a busy schedule, it is important for people to make time to visit a physician for proper diagnosis and treatment. I often prescribe daily use of a non-sedating antihistamine, which can help sufferers control their morning symptoms and experience relief that lasts throughout the day." Prescription antihistamines, which are available for adults and children, include CLARINEX® (desloratadine) 5 mg tablets.

"When I'm taking CLARINEX, I know that my allergies won't

interfere with my performances or any other part of my life," said Young. "I can even enjoy a day on my family's farm or spend time with my girlfriend's two cats without suffering from allergy symptoms."

## Big Girls Don't Cry

Whether at home, work or school, or enjoying outdoor activities, bothersome symptoms can make any allergy sufferer wish they had an understudy to take over their role. Dr. LeBenger recommends the following to help keep allergy symptoms from interfering with a great performance throughout the year:

- Visit your doctor to receive proper diagnosis and appropriate treatment

- Dust and vacuum frequently to remove pet dander and dust mites

- Encase mattresses, box springs and pillows with dust mite proof covers; bedding should be washed regularly in hot water (130°F)

- Keep pets out of the bedroom and off furniture

- Use the air-conditioning in the car and roll up the windows

- Change clothes and shower when returning from outside, especially before going to bed

- Visit [www.allergyrelief.com](http://www.allergyrelief.com) for more information on treating indoor and outdoor allergies.

"Too many people suffer from allergies unnecessarily, just like I did before I met with my doctor," added Young. "I'm crazy about my girlfriend, but since her cats weren't leaving, I had to do something to relieve my symptoms."

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*CLARINEX® treats year-round allergy symptoms and ongoing hives of unknown cause (CIU), in adults and children 6 months and older, and seasonal allergy symptoms in patients 2 years and older. CLARINEX® 5 mg tablets and 5 mg RediTabs® tablets are approved for patients 12 years and older; CLARINEX® 2.5 mg RediTabs® tablets are approved for patients 6 years and older; CLARINEX® syrup is approved for patients 6 months and older. Tablet side effects in patients 12 years and older were similar to placebo and included sore throat, dry mouth, and fatigue for seasonal and year-round allergy patients, and headache, nausea, and fatigue for patients with ongoing hives of unknown cause. Syrup side effects in children 6 to 11 years were similar to placebo. For children 6 months to 5 years, syrup side effects varied by age and included fever, diarrhea, upper respiratory infection, irritability, and coughing. For additional important safety information, full Prescribing Information is available at: <http://www.spfiles.com/piclarinex.pdf>.*