



# HEALTH MATTERS

## Challenging Your Course For Indoor And Outdoor Allergy Symptom Relief

(NAPSA)—The efforts of a new team may help people with nasal allergies develop a winning strategy to manage their nasal allergy symptoms. Ladies Professional Golf Association (LPGA) player Jill McGill and the Asthma and Allergy Foundation of America (AAFA) have teamed up with UCB and sanofi-aventis to launch the *Challenge Your Course* campaign.

Many people suffer from the symptoms associated with indoor and outdoor allergies such as sneezing, runny nose, itchy eyes and nose. Experts estimate that nasal allergies affect as many as 40 million people in the United States. “As a golfer, I’m always surrounded by grass and when I’m traveling to different cities on tour I never know how my indoor and outdoor allergies will react. There have been many times that my nasal allergy symptoms have been so bad that I had a hard time even being on the golf course,” says McGill.

*Challenge Your Course* encourages indoor and outdoor allergy sufferers to visit their physician to review their current allergy management routine. Nasal allergy sufferers can also learn about available treatment options, including XYZAL® (levocetirizine dihydrochloride), a once-daily prescription medication indicated for the relief of symptoms associated with indoor and outdoor allergies, as well as the treatment of uncom-



**Nasal allergy sufferers may want to pick up a few pointers from Ladies Professional Golf Association pro Jill McGill, who has found a way to manage her nasal allergy symptoms.**

plicated manifestations of chronic idiopathic urticaria (CIU) in adults and children, 6 years of age and older.

This program includes a variety of information and tools, including a nasal allergy treatment scorecard, tips for managing indoor and outdoor allergies and additional background on Jill McGill.

*Challenge Your Course* offers useful tips, including:

- Keep windows closed to prevent pollens or molds from drifting into your home.
- Use air conditioners as much as possible to clean, cool and dry the air in your home.
- Try to avoid being outside on

days when pollen count and humidity are reported to be high, or on windy days when pollen and dust gets blown around.

- Don’t hang your clothes outside to dry, as they may collect pollen and mold.

- Minimize early morning activities when pollen is usually emitted.

- Avoid mowing your lawn or being around freshly cut grass; mowing stirs up pollens and mold.

- If you have a pet, keep it out of your bedroom as much as possible to avoid being exposed to animal dander through the night.

Anyone can log onto: [ChallengeYourCourse.com](http://ChallengeYourCourse.com) to determine if they are managing their indoor and outdoor allergies optimally.

*Do not take XYZAL® if you are allergic to XYZAL®, cetirizine or ZYRTEC. Be sure to tell your doctor if you have kidney disease. Patients taking XYZAL® should avoid operating machinery or driving a motor vehicle. Taking XYZAL® with alcohol or sedatives should be avoided. Take XYZAL® at bedtime. Do not increase the dose due to increased risk of sleepiness. In patients 12 years of age and older, side effects may include sleepiness, tiredness, sore throat and dry mouth. In children, 6-12 years of age, side effects may include fever, cough, sleepiness and nose bleeds.*