

The Dirty Truth About Allergies

Controlling Allergen Exposure In The Home

(NAPSA)—There may be no place like home, but for more than 37 million Americans who suffer from allergies, there's no place for allergens in the home. Indoor allergens, such as dust mites, mold and pet dander, are more common than people may think. In fact, at any given time, 80 percent of people in the U.S. are exposed to dust mites, and 60 percent are exposed to cat or dog dander.

To help prevent bothersome allergy symptoms, such as nasal congestion, a runny, itchy nose and sneezing, it may be necessary to drag the mop and dustpan out of the closet.

"Many people put a great deal of time and energy into making their house a comfortable place to live," said Linda Cobb, host of the television series "Talking Dirty with the Queen of Clean." "But as an allergy sufferer, I know that even the comfiest couch or prettiest table settings can't distract from the discomfort caused by allergy symptoms."

This Old House

While the entire house is susceptible to allergens, certain rooms may be hot spots for the culprits. For example, more than

Cleaning Up Your Act

- Invest in allergen-protective covers for mattresses, box springs and pillows
- Wash your sheets weekly in hot water—at least 130 degrees F—to kill dust mites
- Vacuum regularly using a machine with an air filter and bags that seal in dust, minimizing allergens
- Keep bathrooms well-ventilated and wash towels regularly to prevent mold growth
- Prevent pet dander from spreading by keeping dogs and cats off furniture
- Visit a doctor for proper diagnosis of your allergies and to discuss treatment options
- Check out nasal-allergies.com to learn more about indoor allergies



1 million dust mites live in the average bed—they thrive in pillows, mattresses and comforters. The bathroom is also a danger zone, because moisture from the shower and damp towels creates the ideal environment for mold

growth. Thorough cleaning helps rid a home of allergens by creating an unwelcoming atmosphere for these unwanted guests.

Treating Your Allergies

Even for the most meticulous cleaner, it's impossible to remove all allergens from the home. Cobb recommends visiting a doctor, who can prescribe an appropriate treatment if you continue to experience symptoms. Nasal-inhaled steroids, like NASONEX® (mometasone furoate monohydrate) Nasal Spray, 50 mcg (calculated on the anhydrous basis), are a recommended first-line treatment when nasal congestion is the primary allergy symptom.

"Nasal congestion is often the most bothersome symptom for nasal allergy sufferers, and nasal-inhaled steroids like NASONEX are an effective way to treat it," said Dr. Matthew Clarke, a board-certified family and occupational medicine physician in private practice in New York City.

"With a few simple cleaning tips and a visit to a doctor, it can be easy to control allergies—and appreciate your shiny floors and windows, too," said Cobb.



NASONEX® is a nasal-inhaled steroid related to cortisol, a hormone produced naturally by the body, and when used as directed, is safe, non-sedating and not addictive. NASONEX reduces nasal congestion caused by an allergic reaction. NASONEX provides relief from symptoms of seasonal and perennial allergic rhinitis, including nasal congestion, sneezing and an itchy, runny nose. Side effects were generally mild and included headache, viral infection, sore throat, nosebleeds and coughing. Visit <http://www.nasonex.com> for more information on preventing and treating seasonal nasal allergies. For additional important safety information, full prescribing information is available at <http://www.spfiles.com/pinasonex.pdf>.