

Don't Let Nasal Allergy Symptoms Spoil Workouts TM

(NAPSA)—Getting motivated to exercise isn't always easy—especially if you are one of the 37 million Americans who suffer from nasal allergies. The thought of trying to jog with nasal allergy symptoms can make even the most determined athlete want to throw in the towel.

“Some of my clients have nasal allergies and it's common for them to cancel appointments when their nasal allergy symptoms are acting up,” said Kathy Kaehler, celebrity fitness expert and personal trainer who has worked with stars such as Jennifer Aniston and Cindy Crawford. “I tell my clients there are easy and effective ways to help prevent most nasal allergy symptoms from ruining a good workout.”

The Great Indoors

Whether you prefer to work out at home or at the gym, there are simple ways to help reduce exposure to indoor allergens that can cause nasal allergy symptoms year round.

Exercise equipment in the home should be set up in places other than the garage and basement, where symptom-causing allergens such as mold can thrive. Choose a room with a minimal amount of upholstery, such as carpets and curtains,

which retain dust mites.

Workout mats made of foam and porous rubber are a mold breeding ground. Cover your mat with a towel before exercising or stretching.

From the Inside Out

If you are a fitness enthusiast with nasal allergy symptoms, and can't resist the call of the outdoors, a high pollen count doesn't have to steer you off track. Incorporate elements into your routine to help reduce your exposure to outdoor triggers.

When heading out for a run, try jogging along a sandy beach, which has less pollen than a grassy path or tree-lined street.

“Avoid touching your face with your hands or shirt sleeve, which may have collected pollen—instead use a separate towel that you keep inside your gym bag or hip pack,” said Kaehler. “And after you're finished, take shoes and outer layers of clothing off outside to limit the amount of pollen you bring indoors. Pollen can collect on clothes, especially if you spent time stretching in a grassy area.”

Dry, breezy days may seem ideal for a tennis match, but these weather conditions also can cause high pollen counts, which can mean trouble for nasal allergy sufferers. Instead of meeting your

doubles partner bright and early, consider an afternoon or twilight match, because pollen counts are highest from 5 a.m. to 10 a.m.

Before your next outdoor workout, visit www.nasal-allergies.com to check the local allergy forecast.

Treating Your Nasal Allergy Symptoms

Even for the most cautious athlete, it's impossible to avoid allergens completely. Kaehler recommends visiting a doctor, who can prescribe an appropriate treatment, if you continue to experience nasal allergy symptoms.

“If a patient is complaining of nasal allergy symptoms, I'd suggest a prescription inhaled nasal steroid,” said Dr. Matthew Clarke, a board-certified family and occupational medicine physician in private practice in New York City.

Inhaled nasal steroids, which are available for adults and children, include NASONEX[®] (mometasone furoate monohydrate) Nasal Spray, 50 mcg (calculated on the anhydrous basis).

“With a few simple tips and a visit to a doctor, it can be easy to control nasal allergy symptoms and prevent them from interfering with your fitness goals,” said Kaehler.

NASONEX[®] is a prescription nasal allergy spray approved to treat seasonal and perennial nasal allergy symptoms in adults and children 2 years of age and older. Taken just once a day, NASONEX[®] helps relieve nasal allergy symptoms. These symptoms are congestion, sneezing and an itchy, runny nose. Maximum treatment effect is generally reached after 1 to 2 weeks. NASONEX[®] is the first and only once-daily prescription inhaled nasal steroid approved to help prevent most seasonal nasal allergy symptoms in adults and children 12 years of age and older when NASONEX[®] is started 2 to 4 weeks before allergy season. Side effects were generally mild and included headache, viral infection, sore throat, nosebleeds and coughing. Visit <http://www.NASONEX.com> for more information on treating and preventing seasonal nasal allergies. For additional important safety information, full prescribing information is available at: <http://www.spfiles.com/pinasonex.pdf>.