

Don't Let Pollen Ruin Your Golf Game

(NAPSA)—Whether their golf game resembles that of the legendary Jack Nicklaus or is more like Bill Murray's performance in "Caddyshack," most golfers are passionate about the sport they love. No matter the obstacle, be it 6 a.m. tee times, sweltering hot temperatures or the first frost, nothing can deter a dedicated golfer from getting in 18 holes.

If you love golf but suffer from seasonal allergies, the allergy triggers hiding in the grass and trees can be more challenging than sand traps and water hazards. Pollens can cause an array of symptoms, including nasal congestion, sneezing and itchy, watery eyes. Any one of these can affect concentration—adding strokes to a score—and more importantly, decreasing enjoyment of the round.

"It's tough to stay on top of my game when my allergy symptoms are acting up," says Todd Sones, Class A PGA member and owner of Todd Sones Impact Golf Center. "My stuffed nose is a real distraction, making it difficult to concentrate. Once you lose focus on the course, it's easy for the whole round to deteriorate."

Even PGA stars like Tiger Woods struggle with allergy symptoms. For all allergy sufferers, the good news is that there are simple ways to help reduce exposure to symptom-causing allergens, as well as several effective treatment options.

To Golf or Not to Golf

Dry, breezy days may seem fine for a round of golf but these weather conditions also cause high pollen counts, which can mean big trouble for allergy suf-

Allergy Golf Tips

- Carry a towel to wipe down balls and clubs between shots.
- Avoid golfing when pollen counts are highest—5 to 10 a.m., or on hot, dry, windy days.
- Wear sunglasses to keep pollen from getting in your eyes.
- Visit your doctor before symptoms start for proper diagnosis and to discuss treatment options.



ferers. Instead of teeing off bright and early, consider an afternoon or twilight round because pollen counts are highest from 5 a.m. to 10 a.m.

Before scheduling a tee time, visit www.nasal-allergies.com to check the allergy forecast for your area.

Prevention on the Course

If you are a devoted golfer with allergy symptoms, a high pollen count doesn't have to keep you off the course. Incorporate new routines into your game to help reduce your exposure to outdoor triggers. Wearing sunglasses can help keep pollen out of eyes, and wiping the ball and clubs between shots will limit the spread of pollen on equipment.

"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 golf bag," said Sones. "And after the round, take a shower and put on fresh clothes before relaxing in the clubhouse. Pollen can collect on clothes, especially if you spent a lot of time searching for your ball in high grass."

The Doctor Is In

Fed up with his bothersome symptoms, especially congestion, Sones took action and talked to his doctor. In addition to the tips, he received medicine to treat, and even prevent, his allergy symptoms. Part of Sones' treatment regimen was to take NASONEX® (mometasone furoate monohydrate) Nasal Spray, 50 mcg (calculated on the anhydrous basis), a nasal-inhaled steroid that now is available in a scent-free, alcohol-free formulation.

According to the "Allergy Report" published by the American Academy of Allergy, Asthma & Immunology, nasal-inhaled steroids are the recommended first-line therapy when nasal congestion is the primary symptom of a patient's allergic rhinitis, the medical term for nasal allergies.

"For patients suffering from congestion, along with other nasal allergy symptoms, I prescribe a nasal-inhaled steroid, like Nasonex," said Dr. William Lumry, Allergy and Asthma Specialists, Dallas, TX. "When a patient complains of itchy, watery eyes, I suggest using a nonsedating antihistamine."

Sones offers additional advice for golfers with allergies. "I give my students a lot of tips on the driving range, such as 'make a good shoulder turn' and 'grip the club properly,'" said Sones. "But if you don't take control of your allergy symptoms, it's hard to even concentrate on this advice. That's why it's so important to talk to your doctor about your allergies, instead of letting them impact your enjoyment of this great game."

NASONEX® is the only once-daily prescription nasal-inhaled steroid approved to help prevent most seasonal nasal allergy symptoms, including nasal congestion, in adults and children 12 years of age and older when NASONEX is started 2 to 4 weeks prior to allergy season, and the only nasal-inhaled steroid approved to treat nasal allergy symptoms, including nasal congestion, in patients as young as 2 years of age. Take regularly, as effectiveness depends upon regular use. Maximum treatment effect is generally reached after 1 to 2 weeks. NASONEX also is the first and only nasal-inhaled steroid approved for the treatment of nasal polyps in adults 18 years of age and older. Side effects were generally mild and included headache, viral infection, sore throat, nosebleeds and coughing. Please see accompanying full prescribing information. Full prescribing information also is available at <http://www.spfiles.com/pinasonex.pdf>. Ask your doctor if NASONEX is right for you.