



Health Bulletin



Global Climate Change May Spur Seasonal Sniffles



(NAPSA)—Many scientists now believe that global climate change is affecting various aspects of human health, including nasal allergies. There is scientific evidence that higher levels of carbon dioxide are warming the atmosphere, which in turn may be increasing plant growth and the pollen that is known to trigger nasal allergy symptoms.

“Global climate change has also been shown to cause allergy season to start earlier and even make pollen more potent,” said Matthew Clarke, M.D., board-certified family physician in private practice in New York City. “This may help explain why my patients with seasonal nasal allergies are seeking treatment earlier and earlier each allergy season.”

The Problem

A major contributor to increased levels of carbon dioxide is emissions from cars and trucks. In fact, the average car emits 33 pounds of carbon dioxide every day.

A four-mile trip by bicycle keeps 15 pounds of vehicle pollutants out of the air!

This season, “Fit Nation” host and nasal allergy sufferer Gina Lombardi is encouraging people with nasal allergies to get out of their cars and walk, rollerblade and ride their bikes. Choosing to drive less can help

reduce carbon dioxide emissions and traffic congestion in your town, which can improve air quality.

Tips for People With Nasal Allergies

“I have severe allergies to pollen and understand that spending time outside can make your nose clog up and trigger a sneezing fit,” said Lombardi. “But there are simple tips people can use while ‘legging it’ to limit exposure to pollen and mold.”

Many nasal allergy sufferers are not aware that the time of day and outdoor setting can have an impact on pollen levels in the area. In fact, pollen counts are usually highest in the early morning between 5 a.m. and 10 a.m. And while wooded trails provide attractive scenery, walking or riding in areas where pollen and molds are less common, such as streets and sidewalks, is a wiser choice.

“After any outdoor activity, I like to change clothes to remove allergens that may have collected on them. And when possible, I try to fit in a quick shower to help eliminate any lingering pollen,” recommends Lombardi.

Don’t forget to check local pollen counts in your area at nasal-allergies.com. When levels are especially high, opt for public transportation instead of walking

or riding your bike.

Treating Your Nasal Allergies

While precautions can be taken to diminish contact with outdoor allergens, it’s impossible to completely avoid exposure to Mother Nature’s allergy triggers. Lombardi suggests visiting a doctor who can offer the appropriate treatment to help control most nasal allergy symptoms.

“For patients complaining of nasal allergy symptoms, like nasal congestion, a prescription intranasal corticosteroid is a recommended first-line treatment,” said Dr. Clarke.

Prescription intranasal corticosteroids, which are available for adults and children, include NASONEX® (mometasone furoate monohydrate) Nasal Spray, 50 mcg (calculated on the anhydrous basis).

“Remember, with a few simple tips and a visit to a doctor, you can be on your way to doing good for your community by reducing congestion on the road, and for yourself by reducing congestion in your nose,” said Lombardi.

Visit nasal-allergies.com for more information about nasal allergies and to download a guide full of information about the impact of global climate change on nasal allergies and tips for reducing exposure to pollen while spending time outside.

NASONEX® is an intranasal steroid related to cortisol, a hormone produced naturally by the body, and when used as directed, is non-sedating and not addictive. NASONEX provides relief from symptoms of seasonal and perennial allergic rhinitis, including nasal congestion, sneezing, itchy nose and runny nose in patients 2 years and older. Side effects were generally mild and included headache, viral infection, sore throat, nosebleeds, and coughing.

NASONEX is available by prescription only. It's important that you take NASONEX regularly as recommended by your doctor, since its effectiveness depends on regular use. Maximum treatment benefit is usually achieved in 1 to 2 weeks. Ask your doctor if NASONEX is right for you. Full Prescribing Information is available at www.spfiles.com/pinasonex.pdf. You are encouraged to report negative side effects to prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Visit www.nasonex.com for more information on treating nasal allergies.