



Health Awareness

No Place Is Free From Allergies In America, According To The Asthma And Allergy Foundation Of America

(NAPSA)—Many Americans may not be aware of fall allergies, but spring is not the only time you can have a runny nose, watery eyes, sneezing and/or nasal congestion from upper respiratory allergies. In fact, the most common seasonal allergy trigger, ragweed, is usually found in the fall.

In addition to outdoor allergies, people may suffer during the fall from indoor allergies caused by common allergy triggers like pet dander and dust mites. Ragweed and pollen can travel indoors through open windows and doors. This is why the more than 36 million Americans suffering from seasonal allergies need to be prepared to manage their symptoms this fall.

To help those impacted by allergies, the Asthma and Allergy Foundation of America (AAFA) announced its 2008 Fall Allergy Capitals list, sponsored by the makers of ZYRTEC®. The annual research project ranks the fall's 100 most challenging cities to live in for people with allergies. Greensboro, N.C. (1) tops this year's Fall Allergy Capitals™ list, followed by Greenville, S.C. (2); Little Rock, Ark. (3); Raleigh-Durham, N.C. (4); and Jackson, Miss. (5).*

No matter where a city ranks on the list of Fall Allergy Capitals, it's important for people to know if their hometown or area is included. "Whether a city is

Top-Five Allergy Facts

- More than 36 million Americans suffer from indoor and outdoor allergies.
- Indoor allergies can occur year-round and are triggered by substances such as mold, dust mites and pet dander.
- Outdoor allergies can occur when allergens such as pollen from grasses, weeds and trees are inhaled into the nose and mouth, causing an allergic response.
- Symptoms for both indoor and outdoor allergies can include itchy, watery eyes, itchy nose or throat, sneezing and runny nose.



ranked number 100 on the Allergy Capitals list or number one, it's essential for allergy sufferers to take the appropriate steps to manage their allergies," says Mike Tringale, Director of External Affairs at AAFA. "Allergy sufferers should know what allergens trigger their symptoms and, if appropriate, manage them by taking a medication like ZYRTEC® that can alleviate both outdoor and indoor allergies."

To help allergy sufferers manage their worst allergy symptoms and enjoy indoor and outdoor activities this fall, AAFA is directing people to Allergy Savvy.com. By visiting the Web site, Americans can learn if their

city is an Allergy Capital and get information about allergy symptoms, how to reduce exposure to triggers and how to treat their symptoms better.

To help better manage your allergies, it's important to know your allergy triggers and figure out ways to reduce exposure to your allergens. Avoiding allergy triggers is not always possible. Medications may be appropriate for sufferers of both indoor and outdoor allergies. This is the first fall season that ZYRTEC® is available in most local stores without a prescription, offering many allergy sufferers greater access to a convenient, effective and affordable treatment option.

**AAFA is solely responsible for the identification and ranking of the Fall Allergy Capitals.*

Top-Ten Fall 2008 Allergy Capitals

1. Greensboro, N.C.
2. Greenville, S.C.
3. Little Rock, Ark.
4. Raleigh-Durham, N.C.
5. Jackson, Miss.
6. Knoxville, Tenn.
7. Grand Rapids, Mich.
8. Wichita, Kan.
9. Oklahoma City, Okla.
10. Madison, Wis.

