

# Sneezing Around The Water Cooler

## Controlling Your Nasal Allergy Symptoms At Work

®

(NAPSA)—In an office congested with qualified employees, it can be difficult to make a name for yourself. But for nasal allergy sufferers struggling with a stuffy nose and sneezing, work can be even more challenging. Reports indicate that allergies can decrease productivity in the workplace<sup>1</sup> and account for nearly 4 million missed work days each year.<sup>2</sup>

According to one survey, 59 percent of adult nasal allergy sufferers with congestion said nasal congestion affects them at work by, among other things, decreasing productivity and making it difficult to concentrate.\*<sup>3</sup>

“Allergy symptoms can make you self-conscious and feel irritable—the last thing anyone needs at work,” said Robin Ryan, career counselor and allergy sufferer. “These effects can often be avoided or minimized if you take action to control your symptoms on the job.”

### Identifying Nasal Allergy Triggers

While allergy sufferers may view their office as a safe haven from allergens, a number of allergens commonly found at work can actually trigger bothersome symptoms year-round. Mold can be a problem in offices with poor ventilation systems and leaks. And even if pets are not allowed in your building, dander can attach to the clothing of pet-owning colleagues, and pollen from grasses and trees can stick to hair and clothing to affect sufferers throughout the day.

### Working On A Treatment Plan

To help minimize exposure to allergens, keep the windows closed to prevent pollen from coming inside. If you suspect that mold is a problem, talk with a building supervisor to be sure the building gets proper ventilation. But it's impossible to avoid all allergens in the workplace, so Ryan 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.<sup>4</sup>

“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.

To help determine whether your nasal congestion is a result of nasal allergies, visit CongestionTest.com to take the Congestion Test. This easy, five-question screening tool also can help physicians determine an appropriate treatment.

“Allergy symptom control should be high on every employee's to-do list,” said Ryan. “It's important for your health—and it's an investment in your career.”

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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>.

\* An Internet survey of 2,002 adult allergic rhinitis sufferers with nasal congestion or parents of a child with allergic rhinitis with nasal congestion.

1. “The Impact of Allergies and Allergy Treatment on Worker Productivity.” American College of Occupational and Environmental Medicine. <[http://www.acoem.org/health\\_productivity/allergies.asp](http://www.acoem.org/health_productivity/allergies.asp)>.

2. “Allergy Facts and Figures.” Allergy and Asthma Foundation of America. 12 June 2006 <<http://www.aafa.org/display.cfm?id=9&sub=30>>.

3. Roper Public Affairs and Media. Impact of nasal congestion among allergic rhinitis sufferers. An Internet survey of 2,355 people with allergic rhinitis, 2,002 of whom were adult allergic rhinitis sufferers with nasal congestion or parents of a child with allergic rhinitis with nasal congestion. 2004. Margin of error +/- 2 percentage points.

4. The American Academy of Allergy, Asthma & Immunology, Inc., *The Allergy Report*, 2000, Vol. 2:p.16.