



spotlight on health

Surviving Spring Allergies

(NAPSA)—Spring has sprung! The weather is warming and the flowers and trees are blooming, which can only mean one thing: allergy season has arrived.

An allergy is a specific immunologic reaction to a normally harmless substance known as an allergen. Allergens such as tree and flower pollens or outdoor molds are what trigger allergy symptoms including sneezing, itchy eyes and a runny nose.

For the more than 40 million Americans who suffer from seasonal allergies, the spring season can be almost unbearable. Here are a few tips to help you survive spring allergy season:

- Use air conditioning rather than opening windows to keep the house cool
- Minimize outdoor activity in the early morning when pollen levels are their highest
- Leave lawn mowing and leaf

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raking to someone else because these tasks stir up pollens and mold

- Stay indoors, if possible, when pollen counts are at their peak.

One of the most effective ways to tackle allergies head on is by talking to your doctor about your options for treating allergy symptoms. There are several allergy prescriptions available, but not every treatment is the same and your physician can identify which option is right for you. The onset of allergy season in the early spring is the best time to evaluate your current allergy treatment.

Regardless of whether symptoms are caused by seasonal or year-round allergy triggers, relief can be found in the prescription

allergy medication, Zyrtec® (cetirizine HCl). Not all prescription allergy medications are approved to treat both allergy types. Unlike some allergy medicines, Zyrtec has a proven history of treating both indoor and outdoor allergies. In fact, doctors prescribe it to millions of people, year-round. And with Zyrtec, just one pill gives you 24-hour relief.

In studies for U.S. approval of Zyrtec, most side effects were mild or moderate including drowsiness, fatigue and dry mouth in adults, and drowsiness, headache, sore throat and stomach pain in children.

Drowsiness occurred in 11 percent to 14 percent of adults, depending on dose, compared to six percent taking placebo (sugar pill).

For additional information about allergies, visit the Zyrtec Web site at www.zyrtec.com or call 1-800-4-ZYRTEC.