



HEALTH AWARENESS

The Season When Asthma And Allergy Sufferers' Thoughts Turn To...*Runny Noses*

(NAPSA)—Allergy and asthma sufferers may be the only ones who don't look forward to spring. To them, the green season mostly means runny noses, constant sneezing and endless amounts of tissues.

Children may actually have it the worst: According to the American Lung Association (ALA), while 35 million Americans have some kind of allergy, studies have shown that kids with asthma usually have significant allergies as well. Asthma is the most common chronic disorder of childhood, affecting more than 6.2 million children.

Fortunately, there are ways to manage the problem—from managing your medications online to reducing the allergens in your home.

"Allergy sufferers need to pay more attention to managing the indoor air quality in their homes to lessen the nasal congestion, coughing, sneezing and flu-like symptoms they often experience," says Mike Tringale, director of marketing and communications for the Asthma and Allergy Foundation of America.

Besides taking prescriptions as recommended, here are some cleaning tips for reducing symptoms:

- Wash sheets in hot water once a week.
- Vacuum with a double bag or HEPA-filter vacuum.
- Reduce the mold in your home by removing houseplants.
- Frequently clean shower curtains and indoor trash cans with water and chlorine bleach.
- Don't carpet damp rooms.
- To reduce dust mites, remove drapes, feather pillows, nonwashable comforters and soft toys.



People with asthma and allergy symptoms can manage their symptoms more easily by ordering prescriptions online.

- Replace carpets with linoleum, wood or tile. Damp mop often.

As far as prescriptions go, asthma and allergy sufferers can also save themselves time and money through Web sites such as the one run by Better Living Now, a full-service national provider of healthcare products and services.

Based in Hauppauge, New York, Better Living Now takes customer service one step further.

In addition to enabling customers to order prescriptions over the phone (877-238-5486) or online at www.betterlivingnow.com, it also provides links to asthma and allergy research and education resources.

Better Living Now also manages all insurance claims and paperwork so patients don't have to. And it will contact physicians for prescription renewals and fill necessary medical orders with up to 90-day supplies.

Members also receive special discounts when ordering online and can contact the company's pharmacy with questions about their medications.