



# HEALTH AWARENESS

## Identify And Treat Your Allergy Symptoms

(NAPSA)—Experts predict that this allergy season will be one of the worst on record. According to the Cleveland Clinic, it is estimated that two out of every 10 people suffer from allergies—and they can occur throughout the year.

Common allergy symptoms, often confused with a cold, include sneezing, watery eyes, running or congested nasal passages, sinus pressure, itchiness, a tickling cough and sometimes difficulty breathing. Unlike a cold, symptoms can persist for weeks or months.

Throughout the year, allergy sufferers are faced with the daily dilemma of taking medicine to alleviate their symptoms and risk dealing with side effects, such as drowsiness or jitteriness. The alternative is to avoid using medicine altogether and experience full-blown allergy attacks.

There are many different types of over-the-counter and prescription allergy medicines such as decongestants, antihistamines and anti-inflammatory nasal sprays. Data presented in *The Internet Journal of Family Practice*, a peer-reviewed medical journal, indicate that products with all-natural ingredients, such as homeopathic Zicam® Seasonal Allergy Relief no-drip liquid nasal gel, can effectively reduce the severity of seasonal allergies.

“There are many non-prescription products available for allergy symptom relief—from simple nasal sprays to pills that can cost more than \$1 each,” says Darrell Hulisz, PharmD, Assistant Professor of Family Medicine, Case Western Reserve University School of Medicine. “I typically recommend that patients start with a safe and cost-effective product, such as Zicam Seasonal



**Allergy relief products with natural ingredients can help alleviate symptoms without side effects.**

Allergy Relief no-drip liquid nasal gel, which has no known side effects and no drug interactions.”

Allergies can result from a number of environmental factors, such as ragweed, pollen, dust, mold and other airborne materials. The body reacts to these substances, called allergens, by releasing chemicals such as histamine, which is responsible for most allergy symptoms. According to Dr. Hulisz, there are many ways consumers could minimize contact with allergens.

“Washing hands and rinsing eyes with cold water when coming in from outdoors,” he says, “keeping windows closed, changing air filters around the house, cleaning fans, vacuuming and, of course, taking medication as directed, can help avoid sneezes and sniffles.”

Dr. Hulisz recommends that patients speak with their pharmacist or physician about using allergy relief products to combat symptoms before they worsen.

For more information on allergy treatment and the Zicam family of allergy and sinus relief products visit [www.zicam.com](http://www.zicam.com).