

Try A Vacation From Allergies, Not With Allergies

(NAPSA)—Your bags are packed and reservations confirmed—you're ready for your vacation at last. You haven't overlooked a single detail in your plans. Or have you?

For the 36 million Americans who suffer from seasonal allergies, it's important to remember that untreated symptoms can ruin an otherwise perfect vacation. And experts say travelers with allergies should plan ahead.

"Take care of the big things first, like booking your flight and hotel, but don't forget to plan for a healthy trip," said Emily Kaufman, television's "The Travel Mom." Kaufman treks around the world with her two children in search of terrific vacations for families. "I have allergies and so do my kids. If you or someone in your family is battling a stuffed nose and itchy eyes, you're not going to enjoy the trip."

Choosing a Destination

One way to help ensure that symptoms don't intrude on the fun is to select your destination based on local allergy conditions. Even if you have only mild allergies at home, exposure to new environments may lead to unexpected and uncomfortable symptoms.

A trip to the beach or mountains is a great option. Ocean breezes are generally allergen-free, and dust mites cannot thrive at elevations above 2,500 feet. A ski trip also may be a good idea, since mold spores cannot live in snow.

If traveling in the U.S., keep in mind that different regions have their own symptom-causing aller-

gens. For example, spring allergies to grass and tree pollen start as early as January and February in the South, before moving across the country from March to June. Ragweed is prevalent from mid-August to October in the Northeast and Midwest.

No matter where you choose, you can check pollen counts before you hit the road by visiting www.nasal-allergies.com.

Once you're at your destination, take action to help ensure a good night's sleep. "Picking an allergy-friendly city is only half the battle," said Kaufman. "Indoor allergies can affect you too, which is why it is equally important to choose a hotel that provides a safe haven from symptoms. Most hotels offer smoke-free and pet-free rooms, and some will even replace feather pillows with synthetic ones by request."

Before You Leave

Visit your doctor to discuss your current symptoms. Common allergy symptoms include sneezing, itchy and watery eyes, and congestion, which many sufferers say is the most bothersome allergy symptom. Your physician can help properly diagnose your condition and prescribe medicine to help treat, or even prevent, your symptoms.

"If a patient is complaining of itchy eyes and throat, I'd suggest a nonsedating antihistamine. For the treatment of nasal allergy symptoms, including congestion, a prescription nasal-inhaled steroid is often recommended," said Dr. Matthew Clarke, Associate Director

Allergy Travel Tips

- Tell your allergies to take a hike. Go to the mountains, where dust mites don't stand a chance.
- Minimize exposure to pollen by keeping car windows rolled up and using the air conditioner when driving.
- Pack your allergy bags. Bring enough medication to last longer than your trip.
- Visit a doctor before symptoms start for proper diagnosis and to discuss treatment options.



of the Occupational Health Center at North Shore University Hospital at Forest Hills in Forest Hills, New York. Nasal-inhaled steroids, which are available for adults and children, include NASONEX® (mometasone furoate monohydrate) Nasal Spray, 50 mcg (calculated on the anhydrous basis).

Kaufman also suggests packing your allergy bags. "I keep a personal 'allergy kit' with tissues, allergen-free pillow covers, and enough allergy medicine to last a day or two longer than planned, just in case the trip is extended," said Kaufman. "Business travelers should keep their allergy kit standing by for any unexpected travel."

By planning ahead, using these allergy travel tips and visiting your doctor or health care provider, you can help make your vacation fun-filled and not stuffed up. So you can relax and enjoy your vacation!



NASONEX® is the only once-daily prescription nasal-inhaled steroid approved to help prevent most seasonal nasal allergy symptoms, including nasal congestion, in adults and children 12 years of age and older when NASONEX is started 2 to 4 weeks prior to allergy season, and the only nasal-inhaled steroid approved to treat nasal allergy symptoms, including nasal congestion, in patients as young as 2 years of age. Take regularly, as effectiveness depends upon regular use. Maximum treatment effect is generally reached after 1 to 2 weeks. NASONEX also is the first and only nasal-inhaled steroid approved for the treatment of nasal polyps in adults 18 years of age and older. Side effects were generally mild and included headache, viral infection, sore throat, nosebleeds and coughing. Please see accompanying full prescribing information. Full prescribing information also is available at <http://www.spfiles.com/pinasonex.pdf>. Ask your doctor if NASONEX is right for you.