

Health Bulletin



Cool Ways To Combat The Common Cold

(NAPSA)—Yes, it's that time of year again—cold season. The typical cold is an upper respiratory infection that can be caused by more than 200 different viruses. Symptoms include sinus pressure, nasal congestion, headaches, body aches and sometimes fever and cough.

Recent statistics have shown that adults average two to four colds a year, which amounts to one billion colds nationwide. Contrary to popular belief, exposure to cold weather is not proven to cause colds. In fact, spending more time indoors actually increases the chance for viruses to spread.

When someone has a cold, sneezing, nose-blowing and nose-wiping may spread the virus. You're likely to catch a cold by inhaling the virus if you are sitting close to someone who sneezes, or by touching your nose, eyes or mouth after you have touched something contaminated by the cold virus.

There are over-the-counter (OTC) medications available at your local pharmacy to relieve symptoms of the common cold. If you're looking for 12 hours of relief from just one pill, Aleve Cold & Sinus is effective in treating headaches, body aches, fever, nasal congestion and sinus pressure that may result from a cold.

New guidelines published by The American College of Chest Physicians (ACCP) suggest that the pain reliever naproxen, an active ingredient in Aleve Cold & Sinus, is more effective in treating cold-induced coughs than popular OTC cough syrups.

If a cold causes your sinuses to become congested, this congestion may lead to painful sinus



headaches. You might have a sinus headache if you are experiencing pain or pressure around the eyes, cheeks and forehead; tender skin and bones over and under the eyes; and pain when bending over. The active ingredient in Aleve Sinus & Headache is an extended-release decongestant that works to reduce sinus pressure for up to 12 hours.

In addition to an OTC medication, other ways to treat your cold include:

- Get plenty of rest
- Drink plenty of fluids
- Don't drink alcohol
- Gargle with warm water to soothe a sore throat.

"I'm exposed to germs every shift that I work," said Marty Heggs, a registered nurse from Loveland, Colo. "Aleve Cold & Sinus allows me to continue to help others during my 12-hour shift. I recommend it to all my co-workers and patients."

Aleve Cold & Sinus and Aleve Sinus & Headache are both available at your local pharmacy and many other stores where you purchase health and beauty products. If you cannot find these products on the shelf, ask your pharmacist or store manager for help, as they may be located behind the pharmacy or service counter.