



spotlight on health

Your A-Choo May Be Telling Others A Lot About You

(NAPSA)—During allergy season, a sneeze may be worth a thousand words. From the dainty, hold-it-in “irp” to the subtle, turn away “choo” or the amplified, get-it-done “Aaaa-CHOO,” everyone has their own way of sneezing that may reveal a little bit about their personality.

To help people identify their “sneeze style,” behavior expert Patricia Wood, MA, CSP, has developed the Benadryl “Find Your A-Choo I.Q.” quiz, which people can use to examine the connections between their sneeze type and attitude toward sneezing, and their personality type.

“Sneezing is a natural body function, so it’s difficult to hide your true sneeze style. The way you sneeze, like other body language, can tell others about your personality,” said Wood.

Through her research, Wood found that sneeze styles can be grouped into categories that are frequently associated with specific behaviors or attitudes. By logging onto www.benadrylusa.com and answering a few simple questions, consumers can find out their “A-Choo I.Q.” and determine which of these Sneeze Style categories they fit into:

- **“Sensitive” Sneezer**—More likely to be warm and friendly and likes a relaxed pace.

- **“Be Right” Sneezer**—More likely to be careful and accurate.

- **“Get It Done” Sneezer** — More likely to be fast, decisive and to the point.

- **“Enthusiastic” Sneezer** — More likely to be a charismatic leader and influencer.



A new quiz can help you determine what your sneeze is telling others about you.

While sneezing may tell us something about the sneezer’s personality, it also can tell us that there is an allergic condition that needs to be treated.

“Allergy sufferers should not have to accept partial symptom relief when there are clinically proven over-the-counter treatments like Benadryl® Allergy that can help relieve your worst allergy symptoms, including sneezing,” said Steven Lamm, M.D., clinical assistant professor of medicine at New York University.

In fact, clinical studies show that Benadryl is more effective than the most prescribed upper respiratory allergy medicine over the last five years at relieving sneezing and other embarrassing allergy symptoms, like a runny nose and watery eyes. For information about treating allergies, or to take the quiz and find out what your sneeze says about you,