



# spotlight on health

## Dispelling Common Allergy Myths

(NAPSA)—Knowledge is the ultimate weapon in the fight against allergies. That's because accurate information can help lead you and your family to the most effective treatment and prevention strategies. Consider these common allergy misconceptions—and the truth behind them:

**Myth:** Moving to a Southwestern state will cure my allergies, so I can really take advantage of all the great outdoors has to offer.

**Fact:** The potential to develop allergies exists everywhere. Moving to a Southwestern state may relieve allergies initially, but new allergies to local plants, for example, can develop within a few months.

**Myth:** I don't need to be concerned about treating my allergies; they are harmless and will subside.

**Fact:** As the sixth leading cause of chronic disease in the United States, allergies are a serious condition. If left untreated, allergies can negatively affect one's life, including interfering with sleep and learning abilities—potentially resulting in missed school and work. Untreated allergies also can result in other serious health problems that could even affect your ability to breathe.

**Myth:** I suffer from allergies, but because my spouse doesn't, my kids probably won't either.

**Fact:** A child with one parent who suffers from allergies is 50 percent likely to develop allergies. A child with two parents who suffer from allergies is 66 percent likely to develop allergies.

**Myth:** Continuous exposure to pets is all that's needed to decrease pet allergy symptoms.



**Selecting the most appropriate allergy medicine sometimes can be a challenge.**

**Fact:** For pet owners with allergies, the best way to relieve symptoms is to move the pet outdoors. If that is not an option, pet owners should keep the pet out of the bedroom, bathe it twice weekly to reduce the allergens in the air, have a non-allergic family member brush the pet outside and clean out the pet's cage or litter box frequently.

**Myth:** Newer allergy treatments are better than those that have been trusted for years.

**Fact:** Clinical studies have proven Benadryl® Allergy to be more effective than even the newest over-the-counter and prescription allergy treatments at relieving the worst allergy symptoms, such as runny nose, sneezing, itchy nose and watery eyes.

Benadryl Allergy is also available in formulations for children, so the whole family can enjoy the great outdoors—and their pets—together. To learn more allergy facts, visit [www.benadryl.com](http://www.benadryl.com).