



spotlight on health

Simple Steps Can Make A Big Difference In Managing Nasal Allergies

(NAPSA)—As this year's spring nasal allergy season quickly approaches, people living with nasal allergies should take steps to manage their symptoms and ward off allergens before they hit home.

To help the nation's estimated 40 million nasal allergy sufferers prepare for indoor and outdoor allergies, UCB and sanofi-aventis have enlisted a team of nasal allergy experts in the *Nasal Allergies: Tips from the Xperts* awareness campaign. These experts are offering tips to help manage nasal allergy symptoms throughout the year.

According to a recent survey, nearly three-quarters (74 percent) of those diagnosed with indoor and outdoor allergies stated that they don't feel like themselves when they are suffering from nasal allergies. And more than half (53 percent) reported that they avoid activities like being outside, traveling and being social because of their nasal allergies.

Based on his indoor environmental investigations of thousands of homes, offices and schools, Jeff May, Certified Indoor Air Quality Professional, advises that there are solutions at hand to help manage nasal allergy symptoms that are commonly overlooked.

"What many people don't realize is that a clean space may not be clean of allergens," said May. "To make a home a haven for nasal allergy sufferers, extra steps need to be taken."

Proper diagnosis and treatment is an essential step in managing indoor and outdoor allergies.

"Patients often do not acknowledge the seriousness of their nasal allergy symptoms and self-med-

Here are some tips to consider if you suffer from nasal allergies:

- Don't assume it is a cold: If sneezing and a stuffy or runny nose come without a fever, sore throat, colored nasal discharge and/or aches and pains, see a physician; it could be nasal allergies.
- Nasal allergies aren't child's play: Sometimes, childhood indoor and outdoor allergies disappear for many years, only to start up again in adulthood.
- Nasal allergies can be hereditary: If parents have indoor or outdoor allergies, it is possible that their children will also.
- Watch out for carpets and upholstered furniture. A steam vapor treatment may help to kill some dust mites.
- Wash your bedding weekly. Set a day each week to wash bedding in hot water (130° F) and dry bedding in a hot dryer to help kill dust mites.
- Wipe your feet. Pollen often clings to shoes when walking around outside, so be sure to wipe your feet before going inside.
- Log on to www.XYZAL.com to learn more.



icate without speaking with their doctor," said Dr. Michael Blaiss, Clinical Professor of Pediatrics and Medicine at the University of Tennessee Health Science Center. "However, through proper diagnosis and the right treatment, nasal allergy sufferers can begin to better control their symptoms as they head into nasal allergy season."

Tips From The Xperts

Recognizing the diverse needs of nasal allergy sufferers, the *Nasal Allergies: Tips from the Xperts* campaign offers tips and guidance to support nasal allergy

sufferers with individual needs and interests. Nasal allergy sufferers will also be encouraged to speak with their physician to review their current nasal allergy management routine.

Indoor and outdoor allergy sufferers can log on to www.XYZAL.com to register for the *My Xperts*™ program. They will receive customized e-newsletters to support them in managing their nasal allergy symptoms and learn more about the importance of visiting their physician to review their current nasal allergy management routine.

Indoor and outdoor allergy sufferers can also learn about an available treatment option, including XYZAL® (levocetirizine dihydrochloride), a once-daily prescription medication indicated for the relief of symptoms associated with indoor and outdoor allergies, as well as the treatment of uncomplicated manifestations of chronic idiopathic urticaria (CIU) in adults and children 6 years and older.

Note: Do not take XYZAL if you are allergic to XYZAL, cetirizine or ZYRTEC®. Be sure to tell your doctor if you have kidney disease. Patients taking XYZAL should avoid operating machinery or driving a motor vehicle. Taking XYZAL with alcohol or sedatives should be avoided. Take XYZAL at bedtime. Do not increase the dose due to increased risk of sleepiness. In patients 12 years of age and older, side effects may include sleepiness, tiredness, sore throat and dry mouth. In children 6-12 years of age, side effects may include fever, cough, sleepiness and nosebleeds.

Please see accompanying full prescribing information or visit www.xyzal.com.