

New Federal Law Makes Finding Some Allergy Treatments More Difficult Ⓜ

(NAPSA)—Allergy season is already underway, affecting an estimated 36 million Americans.¹ However, this season, as countless allergy sufferers head to the store to choose a medication to treat their symptoms, they may notice some changes at the pharmacy.

On September 30, 2006, a new federal law went into effect requiring all nonprescription allergy and cold medications containing the decongestant pseudoephedrine (PSE) to be kept in a locked case or behind the counter in the store.

As a decongestant, PSE is safe and effective when used as directed. However, PSE can be used to make the illegal drug methamphetamine. The new law means that, as of September 30, allergy sufferers will have to ask for these treatments at the pharmacy or service counter, sign a log book and show identification before purchasing.

What's An Allergy Sufferer To Do?

These provisions make seeing a doctor even more important this season. A physician can properly diagnose allergies and prescribe appropriate medications to treat

symptoms. Some combination antihistamine and decongestant treatments, such as CLARINEX-D® 12 Hour (desloratadine 2.5 mg/pseudoephedrine sulfate, USP 120 mg) Extended Release Tablets, are available by prescription to help control both the nasal and nonnasal symptoms of allergic rhinitis, also called “hay fever.” CLARINEX-D is not affected by the new restrictions and can be obtained at the pharmacy like any other prescription medication.

“Allergies can have a significant impact on everyday activities at work, school and leisure time and have been associated with serious conditions, such as asthma,” said Michael Blaiss, M.D., clinical professor of pediatrics and medicine in the Division of Clinical Immunology at the University of Tennessee. “That’s why it’s important to work with a doctor who can recommend treatments tailored to the needs of each patient.”

Allergy symptoms, which are caused seasonally by pollen from trees, grass and weeds or year-round as a result of dust mites, pet dander, cockroaches or mold, may include any blend of nasal

congestion, itchy or watery eyes, a runny nose and sneezing.

“My patients often say their symptoms are the most severe in the morning, and that nasal congestion is the most bothersome,” said Dr. Blaiss. “For these patients, I typically suggest an antihistamine and decongestant combination treatment, which can help relieve their symptoms, including nasal congestion, and help them wake up each morning with symptoms under control.”

Tips To Manage Allergy Symptoms

Dr. Blaiss recommends the following to help allergy sufferers control their symptoms throughout the year:

- Keep pets out of the bedroom and off furniture.
- Use the air conditioning in the car and roll up the windows during the pollen season.
- Dust and vacuum frequently to remove pet dander and dust mites.
- Change clothes or take a shower after returning from outside during the pollen season.
- Visit www.allergyrelief.com for more information on treating indoor and outdoor allergies.

Twice daily CLARINEX-D® 12 HOUR (desloratadine 2.5 mg and pseudoephedrine sulfate, USP 120 mg) Extended Release Tablets treat the symptoms of seasonal allergies, including nasal congestion, in patients 12 years and older.

Due to its pseudoephedrine component, CLARINEX-D® 12 HOUR Extended Release Tablets should not be taken by patients with narrow-angle glaucoma (abnormally high eye pressure), difficulty urinating, severe high blood pressure, or severe heart disease, or by patients who have taken a monoamine oxidase (MAO) inhibitor within the past fourteen (14) days. Patients with high blood pressure; diabetes; heart disease; increased intraocular pressure (eye pressure); thyroid, liver or kidney problems; or enlarged prostate should check with their healthcare provider before taking CLARINEX-D 12 HOUR Extended Release Tablets. Care should be used if CLARINEX-D 12 HOUR is taken with other antihistamines or decongestants because combined effects on the cardiovascular system may be harmful. The most commonly reported adverse events for CLARINEX-D 12 HOUR Extended Release Tablets were insomnia, headache, dry mouth, fatigue, drowsiness, sore throat, and dizziness. For additional important safety information, full prescribing information is available at: <http://www.spfiles.com/piclarinex.pdf>.

1. The American Academy of Allergy, Asthma & Immunology, Inc., The Allergy Report, 2000.