

# Allergy Symptoms Rise With The Sun

## Survey Finds Mornings Most Difficult For Allergy Sufferers

(NAPSA)—A beautiful, sunny day and the smell of fresh, hot coffee can make waking up in the morning the brightest time of day for some. However, suffering from allergy symptoms like itchy, watery eyes or nasal congestion may make it difficult to enjoy these simple pleasures. Unfortunately, for 36 million Americans, allergies are making mornings miserable.

Dr. William Lumry, Allergy & Asthma Specialists, Dallas, Texas, understands the challenges that allergy symptoms can present in the morning.

“Most of my patients say that mornings are the toughest time of the day to control allergy symptoms,” said Dr. Lumry. “These symptoms typically include congestion, runny nose, sneezing and itchy, watery eyes, and can be especially bothersome in the morning.”

According to a recent national survey, more than 80 percent of allergy sufferers experience allergy symptoms in the morning. It is not surprising, then, that nearly half of the respondents said that their allergy symptoms are more severe in the morning than any other part of the day.

When your morning is affected by allergies, the entire day’s activities can be disrupted. In fact, allergies are responsible for approximately six million lost work days and two million lost school days each year.

Nasal congestion is the most prevalent allergy symptom in the morning with 85 percent of adults



experiencing congestion when they first wake up, according to the survey. Sneezing and itchy eyes affect approximately two-thirds of adults surveyed when they arise in the morning.

Although many people think of allergies as a spring-time phenomenon, allergies can actually be seasonal or year-round. Seasonal allergies, commonly known as “hay fever,” change with the season due to pollen from plants. Patients with year-round allergies, or perennial allergies, react to allergens such as dust mites, pet dander or mold spores. Both seasonal and perennial allergy symptoms can be bothersome in the morning.

“Many people don’t realize that allergies can occur year-round and allergens are often found in their home,” said Dr. Lumry. “There are easy ways to reduce exposure to seasonal and year-round allergens.”

For example, if you suffer from pollen allergies you should avoid spending time outside between

the peak pollen hours of 5 A.M. to 10 A.M. and should use air conditioning and keep windows closed when possible. People with indoor allergies can reduce allergens in the home by using allergen-proof pillowcase and mattress covers to prevent dust mites. Using a dehumidifier to decrease moisture and reduce mold is another helpful option.

Controlling exposure to allergens or avoiding them altogether can be difficult, which is why it is important to visit a doctor for a proper diagnosis and to find the appropriate treatment.

“People with allergies can suffer from a broad range of symptoms. For patients affected by itchy, watery eyes and sneezing, as well as congestion, a prescription antihistamine and decongestant combination can help them wake up with their symptoms under control and continue about their day,” said Dr. Lumry.

Combination treatments include CLARINEX-D® 24 HOUR (desloratadine 5 mg/pseudoephedrine 240 mg) Extended Release Tablets, which can help seasonal allergy sufferers 12 years and older.

Allergies do not have to make mornings miserable. Talk to your health care professional to find an effective treatment that will help you take care of your allergy symptoms and help take back the morning. For more information about allergies and full Prescribing Information, visit [www.allergyrelief.com](http://www.allergyrelief.com).



---

Due to its pseudoephedrine component, CLARINEX-D® 24 HOUR Extended Release Tablets (desloratadine 5 mg and pseudoephedrine sulfate USP 240 mg) 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® 24 HOUR. Care should be used if CLARINEX-D® 24 HOUR is taken with other antihistamines and decongestants because combined effects on the cardiovascular system may be harmful. The most commonly reported adverse events for CLARINEX-D® 24 HOUR Extended Release Tablets were dry mouth, headache, insomnia, fatigue, sore throat, and drowsiness.