

GOLF NEWS & NOTES

Help Available For Golfers To Lower Allergy Handicap

(NAPSA)—It's ironic that spring and summer, the time of year when the game of golf is most seductive, is also the time of year when allergies can send duffers running for the clubhouse faster than a ball can roll into a sand trap.

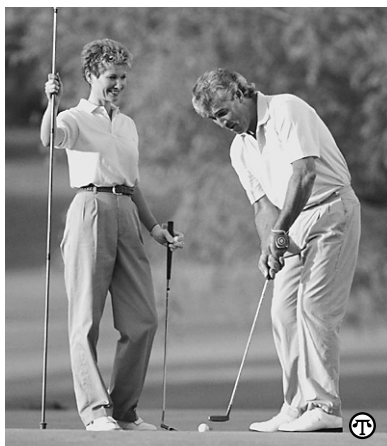
Fairways may beckon, but for many golfers—both men and women—pollen season is a major handicap. Forget sand traps and water holes—the entire course is a hazard.

As any golfing allergy sufferer knows, golf courses are allergen generators. Wind-blown pollen from grasses, trees and flowers that make the courses so beautiful can trigger itchy, watery eyes, conditions that make getting that shot off the tee a real challenge. And who can putt when they're sneezing?

What golfers may not know is that the intense grooming that makes golf courses so alluring, such as mowing and scalping, a technique that shears the grass on greens close to the ground, release allergens that can trigger or exacerbate allergy symptoms. And duffers who head to warmer climates to play golf in the winter may be surprised to find their seasonal allergies kicking in.

But allergy attacks need not keep golfers away from their favorite game. Allergy pills don't always help watery, itchy eyes. Prescription eye drops such as Zaditor (ketotifen fumarate ophthalmic solution, 0.025%), from Novartis Ophthalmics, both relieve and prevent the itch in three minutes—and last up to 12 hours.

"The active ingredient in Zaditor has a multiple action that pre-



During the warm weather months, golfers are particularly susceptible to allergies.

vents the release of histamine," says Dr. Yvonne M. Johnson, director of Regulatory and Medical Affairs at Novartis Ophthalmics. "Histamine is the primary agent that causes ocular itch. By blocking histamine's effects, Zaditor stops the allergic reaction. If allergy sufferers need fast relief for itchy eyes, they have to apply it right to the eye."

In the meantime, there are other steps that golfers can take:

- Check the day's pollen count. If pollen counts are high, take an allergy medication and apply eye drops before venturing onto the course.

- Hot, dry, windy conditions are ideal for airborne pollen. Try to avoid golfing in these conditions and instead plan tee times when it is cool, humid and less windy.

- Try to avoid being on the course during scheduled maintenance times, if possible.