



Guides For Brides

Weddings Can Be A Time Of “Achoo” Instead Of “I Do”

(NAPSA)—For brides who suffer from allergies, their wedding day activities list should include taking their allergy medications or they may be saying “achoo” instead of “I do.”

“There you are at the altar, holding a big bouquet of flowers that can cause your allergies to kick in,” says Martha A. Woodham, author of *The Bride Did What? Advice for Planning a Beautiful Wedding*. “No bride wants her priceless wedding videos and photographs marred by sneezing or red, itchy eyes. That’s one memory you don’t want to keep.”

Summer—the peak wedding season—is also a peak time for pollen. In addition, Woodham points out, many weddings are lavishly decorated with flowers, from the corsage on grandma to the centerpieces at the reception. And popular outdoor weddings could trigger severe allergy attacks for guests as well as the wedding party.

“When you visit your doctor for your pre-wedding checkup, ask about allergy medication,” says Dr. Reza Haque, a clinical research scientist at Novartis Ophthalmics North America. “A fast-acting prescription eye drop is most effective in preventing itchy allergy eyes.

“In the rushed hours before a wedding, it’s easy for a bride to overlook her allergy medication. Put it on your list of last-minute things to do so you won’t forget,”



Unless you’re prepared, an uninvited guest at your wedding reception may be red, itchy eyes.

adds Dr. Haque.

Every bride should take an emergency kit to the church. In addition to pantyhose, makeup and spot remover, the kit should also contain fast-acting prescription allergy eye drops, such as Zaditor™ (kertofifen fumarate ophthalmic solution 0.025 percent). It provides relief for itchy eyes within minutes and lasts up to 12 hours, long enough to get a bride through the ceremony, photo session and reception.

“Don’t forget the groom,” Woodham says. “With all eyes on the bride, it’s easy to overlook him, but he may be the sensitive one.”