

Put A Spring In Your Step With Non-Drowsy Allergy Relief

(NAPSA)—Spring is in the air—and so are pollen and other pesky allergens that can antagonize your senses and keep you from fully enjoying springtime activities.

If you are one of the estimated 35 million seasonal allergy sufferers in America, you know that sneezing; itchy, watery eyes; a runny, stuffy nose; and other allergy symptoms—or drowsiness or “medicine haze” from some allergy medications—can keep you from feeling clear-headed.

This year, take control of your allergies by knowing your treatment options. Antihistamines, which alleviate the physical discomfort of allergy symptoms by blocking the action of histamines (the chemical in the body triggered by allergens), are the most widely used treatment for allergies.

But many over-the-counter (OTC) antihistamines have sedating side effects that may negatively affect the daily lives of allergy sufferers, including the ability to work productively and drive safely.

Be Alert to Nonsedating Alternatives

Nonsedating antihistamines provide relief from allergy symptoms and do not carry a warning about driving a car or operating machinery, unlike many antihistamine allergy treatments found in the OTC aisle.

“Spring is a peak allergy season, and many of my patients suffer from sneezing; itchy, watery eyes; stuffy nose; and other associated symptoms, which may have a negative impact on spring training and other activities during this time of the year,” said Daniel Carr, MD, head physician for the 2002 Salt Lake City Olympic Games.

“Allergy sufferers should understand the importance of treating their symptoms and know the benefits of using nonsedating antihistamines. When taken at the recommended dose, CLARITIN products control allergy symptoms without causing drowsiness, giving sufferers free-



dom to go about their normal daily activities without being stopped by fatigue.”

Clarity for Mind, Body and Spirit

In addition to properly treating allergy symptoms, the ability to think and function clearly without medicine haze is also important.

As part of an educational campaign, CLARITIN is helping sufferers learn how non-drowsy allergy relief can contribute to clarity for mind, body and spirit—a positive state where allergy sufferers can do what they need and want to do without fear of drowsiness—with an informational Clarity Zone™ traveling to major cities nationwide through June.

Ty Pennington, carpenter from the home design cable television show Trading Spaces, suffers from allergies and is the campaign’s official spokesperson. “Since I do most of my work outdoors, I don’t have time to slow down because of my allergies. And as a carpenter, I’m always working with power tools, so I need to be focused and clear-headed,” says Pennington.

“Taking CLARITIN helps me achieve clarity in my daily life. I can get relief from my allergy symptoms, without the drowsiness or medicine haze I get from some other allergy medications, so that I can work and do the things that I really enjoy, like soccer and hiking.”

For Ty’s tips on achieving clarity this spring, Clarity Zone locations and schedules, pollen forecasts, and information on allergy management, log on to www.claritin.com or call 1-800-CLARITIN.