

Title:

Allergy Season: It's Nothing To Sneeze At

Word Count:

367

Summary:

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Keywords:

Allergy Season: It's Nothing To Sneeze At

Article Body:

Almost 40 million Americans face seasonal allergies, which usually begin in the spring and can

The first step in treatment is to reduce exposure to specific allergens. If that's not possible

Here are some tips to help control your allergies:

Know Your Triggers: To avoid an allergen, you need to know what it is. Physicians can determine

Create a Sneeze-free Environment: A few changes at home can make a difference. Use an air conditioner

Find the Right Remedy: Antihistamines reduce symptoms and work best if taken before exposure to

Know the OTC Options: Doctors may recommend over-the-counter medications as a first-line treatment

Consider Generics: They can be as effective as brand-name medications and cost 30 to 80 percent

Discuss the options with your doctor. With the right knowledge and treatments, you can spend m

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