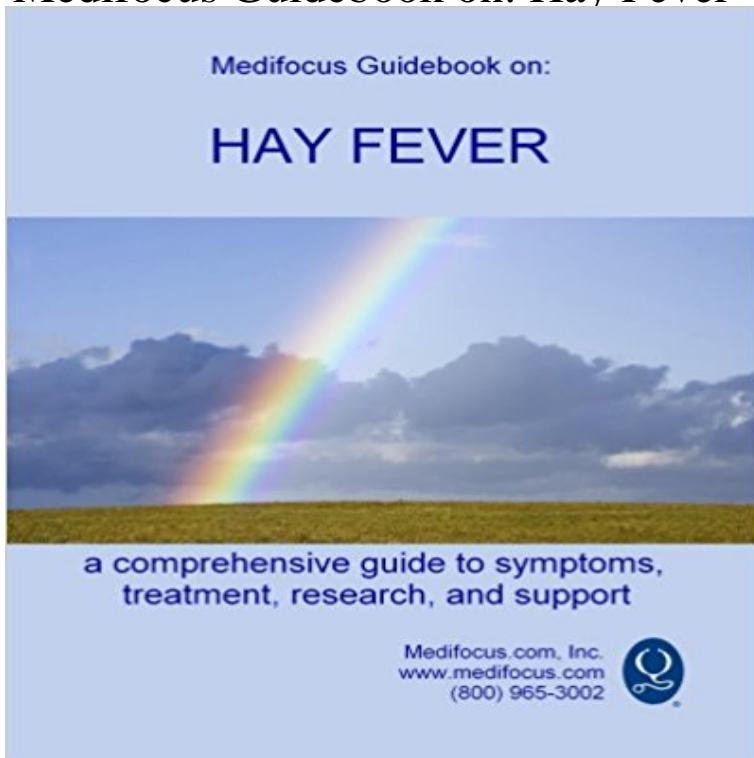


Medifocus Guidebook on: Hay Fever



Hay fever, also called allergic rhinitis, typically starts in early childhood with symptoms peaking in the second, third and fourth decades of life. An onset of symptoms in infancy or later in adults is not uncommon. Allergy symptoms may range from the common and annoying sneezing, watery nose and itching eyes, to more severe reactions which may be life-threatening. Allergic symptoms can interfere significantly with many aspects of daily living as a result of physical discomfort and emotional distress. Numerous clinical studies have demonstrated the effects of rhinitis on sleep, concentration, performance at work and school, social life and other activities and the importance of control of the disease and its symptoms. It has been estimated that 20-40 million Americans are affected by seasonal allergies. One study puts the annual costs for seasonal allergies at \$2.4 billion for medications and another \$1.1 billion in other health care costs. Sources of allergens that can act as triggers for hay fever include:

- * Plants - trees, flowers
- * Grasses
- * Ragweed
- * Leaf mold
- * Dust mites (microscopic insects that feed on human skin cells)
- * Molds
- * Animal dander

Management strategies for people with hay fever include:

- * Avoidance of allergens that are known to trigger the symptoms of hay fever
- * Use of medications to control hay fever symptoms that include antihistamines, leukotriene-receptor antagonists, alpha-adrenergic agonists, and corticosteroids.
- * Allergen immunotherapy (allergy shots) which involves the administration of gradually increasing quantities of specific allergens to persons with allergies until a dose is reached that is effective in reducing disease severity from natural exposure.

Learn more by ordering your MediFocus Guidebook on Hay Fever, the most comprehensive, up-to-date source of information available. You will get

answers to your questions, including: * What are the risk factors of Hay Fever? * What standard and alternative treatment options are available? * Where are the leading doctors, hospitals and medical centers that specialize in Hay Fever research and treatment? * What are the results of the latest clinical trials? * Where are the support groups and additional resources in my area? * What are the promising new treatments on the horizon? You won't find this combination of information anywhere else. Your health matters. Don't leave it to chance. Arm yourself with the most comprehensive, up-to-date research available by ordering your MediFocus Guidebook today.

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