



# News Release

University of Nevada School of Medicine

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Many of us use over-the-counter drugs to treat the effects of hay fever and other allergies, but Dr. Jannet Carmichael of the University of Nevada School of Medicine tells HEALTHLINE that these drugs should be chosen with care:

"The American public buys \$500 to \$700 million of non-prescription cough, cold and allergy preparations each year. A variety of antihistimine decongestant combinations are available to treat allergy. Chronic allergy with its ever-present symptoms from mold, dust and dander as well as seasonal allergies from grass and pollen, can be treated with antihistimine/decongestant combinations. We have to remember that antihistimines don't cure this disease, but merely treat its symptoms, symptoms such as cough, running nose and nasal stuffiness. Many preparations are available, and it would be wise to seek advice in choosing a preparation right for you."

This is HEALTHLINE from the University of Nevada School of Medicine.