

Symptom relief for the upcoming allergy season

London Drugs' three step guide to overcoming your allergies

Richmond, B.C. – March 31, 2015 – In order to manage allergies, an individual must first realize what might be triggering them. [Sneezing fits in early spring can indicate a reaction to tree pollen, while late spring and summer reactions may be due to grass pollen.](#) Regardless of the allergy, a visit with your pharmacist can help find solutions to relieve symptoms and help prevent in the future.

With allergy season upon us, allergy sufferers may begin to experience the dreaded runny nose, dry mouth and itchy eyes. However, many individuals do not realize that there are [three simple steps to allergy treatment](#). London Drugs pharmacists can help you identify these steps and teach you to overcome your allergy symptoms this season: Step one consists of allergen avoidance, step two consists of allergen removal, and step three consists of allergen medication.

“Simple tasks such as making sure the window is closed at night to satisfy step one in the allergy treatment protocol can go a long way,” recommends Shawn Sangha, London Drugs Pharmacy Operations Manager. “Using a [nasal spray](#) can assist in keeping nasal passages clear of allergens while an [air purifier](#) can assist with removing allergens from your home. Even washing your face at the end of the day to prevent allergens from entering your body can complete step number two.”

If allergen avoidance and allergen removal are not enough to get you through allergy season, London Drugs pharmacists are equipped to educate individuals on the many allergy relief products available:

- [Benadryl](#) – For those who are looking for day or nighttime allergy relief.
- [Reactine](#) and [Aerius](#) – Similar to Benadryl except it does not cause as much drowsiness.
- [Cromolyn Eye Drops](#) or [Nasal Spray](#) - For those with predictable allergies.
- [Neilmed Sinus Rinse Kit](#) – Sinus rinses are great for when the pollen load is particularly high, however some individuals may need to perform sinus lavages.

For more information on the three-step allergy treatment protocol, visit a London Drugs Pharmacist at your nearest London Drugs location. To get the latest tips on tackling allergy season or, allergy treatment product information, visit www.londondrugs.com/allergy

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About London Drugs

Founded in 1945, B.C.-based London Drugs has 79 stores in more than 35 major markets throughout British Columbia, Alberta, Saskatchewan and Manitoba including its online store www.londondrugs.com. London Drugs offers consumers a range of products from digital cameras and cosmetics to computers and televisions. Renowned for its creative approach to retailing, the company employs more than 7,500 people with pharmacy and health care services being the heart of its business. Committed to innovation and superior customer service, London Drugs has established itself as a reputable and caring company and continues to position itself for future growth and development.

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