

Feel Good Fun

As a nasal allergy sufferer, Tutera knows first-hand how something unexpected, like nasal allergy symptoms, can ruin a backyard barbecue or a birthday bash. "For my events, I always take nasal allergy symptoms into consideration because they are a party-pitfall that can easily be avoided."

By following Tutera's simple tips, any party host or guest can help prevent nasal allergy symptoms from affecting the party experience.

Location, Location, Location

When looking into venues, there are a few things to consider that will keep your party sizzling and keep your guests with nasal allergies from suffering.

For indoor parties, make sure carpets, drapes and upholstered furniture are well vacuumed prior to the event to prevent dust mite accumulation. While you may think your four-legged friend is good party entertainment, it's best to keep pets in a separate room during the festivities, as pet dander can also trigger nasal allergy symptoms.

If an outdoor hot spot tops your list, host a beach bash over a park party—a sandy beach provides less exposure to allergens compared to a grassy area.

Setting the Scene

To decorate a party scene, Tutera recommends using a simple floral arrangement that adds color and texture to the event.

"Remember that some flowers are more prone to cause nasal allergy symptoms than others," said Tutera. "Use large, brightly colored flowers like roses for party accents, as their pollens are less likely to trigger nasal allergy symptoms."

Other allergy-friendly decorating options include unscented candles or dried flowers, which can be great table pieces. And for those on a budget, Tutera recommends checking out your local farmer's market for fresh flowers that cost less than you'd think.

Treating Your Nasal

Allergy Symptoms

Even for the host with the most, it's impossible to keep every allergen off the guest list. Tutera recommends hosts and partygoers with nasal allergies visit a doctor who can prescribe an appropriate treatment for their symptoms.

"Many of my patients are concerned with the way nasal allergy symptoms affect them in social settings like parties. To help treat nasal allergy symptoms, I prescribe an intranasal steroid," said Dr. Matthew Clarke, a board-certified family and occupational medicine physician in private practice in New York City.

Intranasal steroids, which are available for adults and children, include NASONEX® (mometasone furoate monohydrate) Nasal Spray, 50 mcg (calculated on the anhydrous basis).

"By planning ahead and controlling your nasal allergy symptoms prior to an event, you can enjoy the celebration without worrying about your symptoms," said Tutera.

NASONEX® is approved to treat nasal allergy symptoms in patients as young as 2 years of age. Take regularly, as effectiveness depends upon regular use. Maximum treatment effect is generally reached within 1 to 2 weeks. NASONEX is the only once-daily prescription intranasal steroid clinically proven to help prevent most seasonal nasal allergy symptoms in adults and children 12 years of age and older when NASONEX® is started 2 to 4 weeks prior to allergy season. NASONEX® is also the first and only intranasal steroid approved for the treatment of nasal polyps in adults 18 years of age and older. Side effects were generally mild and included headache, viral infection, sore throat, nosebleeds and coughing.

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About the Author

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