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Cold or allergy?

(NAPS) Your nose is stuffy and to help the doctor make an accurate

Something's wrong, but is it a cold or an allergy?

occur at any time of the year, says the diagnosis of nasal allergies. Dr. Kathy Rickard, Director of U.S. Glaxo Wellcome Inc..

So how do you tell the do they occur? difference? According to Dr. may help to identify your sneeze or your nose itches? symptoms.

Cold

- lasts 5-7 days, sometimes 2 weeks
- · causes fever, muscle pains, and aches
- · produces thick, yellowish mucous

Allergy

- · lasts much longer
- does not cause aches and pains
- mucous is watery and thin

If your nose is stuffy, itchy and sneezy, it usually means that you have a nasal allergy, not a cold. To be sure, ask your doctor. But it helps to have enough facts in hand

diagnosis.

Pay attention to what your body is telling you, Dr. Rickard says. An Colds and nasal allergies have accurate patient history is similar symptoms, and both can extremely important in confirming

Some questions to ask yourself: Respiratory Medical Affairs at Are your symptoms getting worse, better or staying the same? When

How long is your discomfort? Rickard, the following checklist What are you doing when you

> Allergies occur when the body reacts negatively to environmental factors. When allergens like dust or pollen enter the nose, the body mistakes them for enemies and attacks, causing the nose to swell and become inflamed.

There are two types of allergies: seasonal and perennial. Seasonal allergies occur mostly in spring from tree or grass pollen, or during the fall when ragweed blooms.

Perennial or year-round allergies don't go away and are usually triggered from dust, mold and animal hair.

If one of your parents has

school-age children, and 21-23 percent of adolescents. Each section of the country has its own allergy season, depending on geography, vegetation and climate.

According to Dr. Rickard, the best way to stay allergy-free is to know the allergens that cause the problem and avoid them. But when that's not possible, a variety of allergy treatments is available.

Medicines to combat nasal allergies include antihistamines for sneezing, itchy or runny nose; decongestants to shrink nasal blood vessels; shots to make the body less sensitive to certain allergycausing agents; and antiinflammatory nasal sprays that work directly to reduce the symptoms of a sneezing, itchy and runny nose, according to Dr. Rickard.

With the increased appreciation that nasal allergies are due to an inflammatory process, antiinflammatory nasal sprays have taken on a greater role in allergy treatment.

Before taking any medication allergies, you have a one-in-three to treat nasal allergies or the chance of getting them. Seasonal symptoms of any other illness or allergies affect up to 10 percent of disease, consult your physician.

What do you know about your hardworking skin?

(NAPS) How much do you know about your skin?

in the human body, covering up to 20 square feet.

These facts might make you appreciate your skin

Skin works hard at protecting the body, preventing bacteria and chemicals from entering it and keeping vital fluids in.

layer which covers most parts of such as eczema, psoriasis, diabetes the body, is about as thick as a and contact dermatitis. sheet of paper.

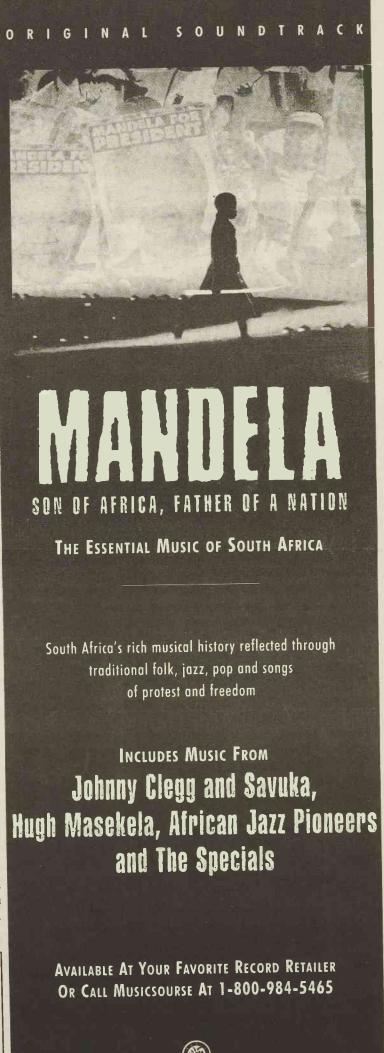
in the skins outer layer. Normally, mild cleanser. For a start, it's the largest organ oils or lipids in the skin help trap If you have dry skin, immediately water in the skin and prevent it after showering or bathing, from evaporating.

relative humidity levels from moisturizer. indoor heat, cold winter air or even with soaps and detergents, heredity, The epidermis, the skin's outer aging, medically related conditions

Dry skin is due to a lack of water bathe in warm not hot water. Use a

dermatologists recommend that Causes of dry skin include low you pat skin dry and apply a

Other ways to help heal dry skin air conditioning, excessive sun or include drinking several glasses of wind exposure, excessive contact water a day, using gloves or protective clothing while doing housework or household improvements and applying a moisturizing sun screen before you To avoid dry skin, shower and spendany extensive time outdoors.



Here

In the Christmas Concert story, (Dec. 6) Dr. David Pinnix's name was misspelled.

The Bennett Banner wants to correct mistakes appearing in the newspaper. If you believe that we have made a factual error, please stop by the Banner office in Shell Hall C-2 or send a note to Campus Box 25.