

SEASONAL ALLERGIES

Spring brings a season of grass, tree, and ragweed pollen, which means those with seasonal allergies may experience symptoms until the Fall.

Easy Ways to AVOID ALLERGENS:

- Avoid outdoors between 5-10am
- The best time to go outside is after a heavy rain when pollen levels are lowest
- Keep the windows closed in your home and car
- Use air conditioning with HEPA filters and avoid ceiling fan use
- Do not dry clothes outside
- Before you plant a tree, find out if it would contribute to allergies
- Keep the grass cut grass short and wear a mask when mowing the lawn
- Wash sheets with hot water

What else can I try?

Antihistamine : Once daily oral tablets

Antihistamine: Twice daily eye drops

Nasal/Sinus Rinses

Decongestant Nasal Sprays: (recommended for occasional use only; use of >3 days causes rebound symptoms)



GenoRite

P H A R M A C Y

Personalized For your Health

Hormone Restoration Therapy

Genetically guided Compounding

Dermatological Compounds

Pediatric Compounds

Dental Compounds

Pain Management Compounds

Pet Medications

Medication Therapy Management

Immunizations

Supplements

Prescription Delivery

GenoRite

P H A R M A C Y

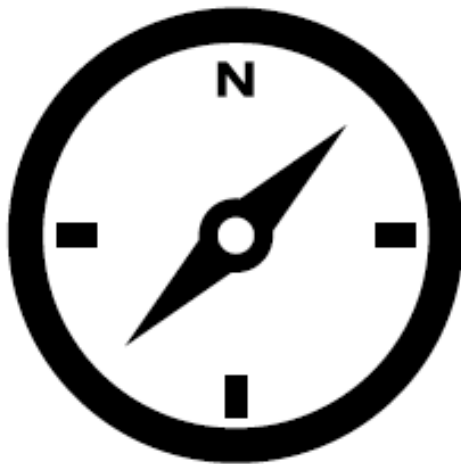
Travel and Seasonal Brochure

4544 South Lamar Suite 730
Austin Tx, 78745
512-351-9160

www.genoritepharmacy.com
info@genoritepharmacy.com



TRAVELER'S MEDICATION TIPS



Follow these medication safety tips when you travel:

- 1 Never leave medication in the car. Certain drugs can be destroyed as a result of extreme heat.
- 2 Pack your medicine in a carry-on bag. Checked suitcases may be exposed to temperature extremes or could be lost or delayed.
- 3 Consider bringing extra medication in case your return gets delayed.
- 4 Carry a list of all medications you are taking as well as contact information for your pharmacist and doctor.

“BEAT THE HEAT”

Everyone is at risk to be affected by the heat, but especially infants, children, elderly, and overweight individuals. avoid doing so during peak hours, usually 1-5pm.

Warning signs:

- Heavy sweating
- Dizziness
- Muscle cramps
- Nausea
- Throbbing headaches
- Fainting
- High body temperatures
- Rapid, strong pulses



Watch your medications:

Diuretics, antihistamines, some blood pressure medications, and alcohol can lead to dehydration, or sun sensitivities putting you at increased risk of heat illnesses. Ask your pharmacist if any of your medications may affect you.

Prevention is key:

Stay cool and well hydrated! Drinking water is the best way to stay hydrated. Sports drinks may be used as a supplement, but avoid those with high sugar content as they may cause or worsen dehydration.

When outside:

- Wear lightweight, light color, and loose clothing
- Apply sunscreen
- Check on those at highest risk
- Remember your four legged friends as well! Animals do not sweat and cannot tell you they are hot. They need breaks and water too!

BEST WAYS TO SCREEN THE RAYS!



HOW TO BUY:

- Purchase a sunSCREEN not a sunBLOCK—The word “sunblock” can no longer be used because it overstates effectiveness
- Choose a sunscreen with broad spectrum coverage. This ensures that a sunscreen has undergone testing to provide protection against both UVB rays (skin-burning, cancer-causing rays) and UVA rays (skin-aging, cancer-causing rays).
- Look for a Sun Protection Factor (SPF) of 15 or higher for everyday use and 30 or higher for extended outdoor activity.
- Keep an eye out for expiration dates! Discard sunscreens that are past their expiration dates, are more than three years old or have been exposed to high temperatures.

HOW TO APPLY:

- 1 oz. of sunscreen (about one shot glass full) should be applied to achieve the maximum SPF
- Apply sunscreen 30 minutes before sun exposure to allow the ingredients to fully bind to the skin.
- Sunscreen should be reapplied every 2 hours for optimal protection (1 oz for each application) and immediately after swimming, toweling off, or sweating a great deal.
- Don't rely on “Waterproof” and “sweatproof” sunscreens, a “water resistant” claim must specify how long the sunscreen can stand up to swimming or sweating.