

Join the resistance : ask your pharmacist for new Resiston One : your friend in the fight against hayfever.

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Join The Resistance

ASK YOUR PHARMACIST FOR

NEW

Resiston™ ONE

YOUR FRIEND
IN THE FIGHT AGAINST
HAYFEVER



DON'T LET **HAYFEVER** TAKE OVER YOUR DAY

HOW HAYFEVER CAN RUIN YOUR DAY

Hayfever, as it is commonly called, is neither caused by hay nor is it a fever. Its correct medical name is allergic rhinitis and the condition is generally caused by pollen grains from trees, grasses and weeds or fungal spores. These are normally borne by the wind in the height of the spring and early summer growing season, and can cause sheer misery for hayfever sufferers. The symptoms of this type of allergy are unpleasant and often characterised by a constantly itchy and runny nose, sneezing and nasal congestion. Nothing can spoil a bright, early summer's day more than an attack of hayfever.

If you have this type of allergy, your symptoms will only occur at certain times of the year, and even then they may vary from day to day within the main pollen season.

WHY DO YOU SUFFER?

Mast cells, present in the mucus linings of the nose, are the main culprits. When stimulated by pollen, dust or other allergens, they react by releasing histamine.

Sometimes, in allergy sufferers, the reaction is particularly extreme and causes a chain reaction of allergic symptoms.

Join The Resistance

NEW

Resiston™ ONE

CAN HELP YOU
FIGHT THE MISERY
AND DEFEND AGAINST
HAYFEVER ATTACKS

HOW DOES IT WORK?

To fight the misery and relieve the discomfort of hayfever - runny or blocked nose, new RESISTON ONE contains a decongestant, to reduce the swelling in the nose, and the build up of mucus.

To defend against further attacks, RESISTON ONE also contains an ingredient called Sodium Cromoglycate which stops the release of histamines and prevents the allergic reaction to pollen from taking place, and so interrupts the cycle of discomfort.

In this way RESISTON ONE is a unique treatment, relieving and defending against the misery of hayfever.

HOW DO I USE IT?

Use RESISTON ONE at the onset of your hayfever attack to get fast relief from the symptoms. By spraying a measured dose once into each nostril, 4 times a day, you can continually renew your defence against attacks.

Continue using RESISTON ONE throughout the season even though you may not be suffering directly from the uncomfortable symptoms.

In this way you can ensure that the symptoms do not return.

YOUR FRIEND
IN THE FIGHT AGAINST
HAYFEVER



REMEMBER

- RESISTON ONE - relieves and defends against hayfever.
- RESISTON ONE - should be used throughout the hayfever season.
- RESISTON ONE - does not cause drowsiness.

WHERE CAN I JOIN THE RESISTANCE?

RESISTON ONE is available only from your Pharmacist. Make sure you seek his advice if you need to know more. He can help you fight the misery of hayfever!

WHAT ELSE CAN I DO? USEFUL TIPS

Although not always practical, certain steps may be taken to resist hayfever attacks.

- Avoid exposure to pollen and other allergens as much as possible. This includes avoiding walks in the countryside during the pollen season.
- Keep away from fresh flowers and don't cut the grass on sunny days.
- Keep doors and windows closed when and wherever possible during the height of the season.
- Air the house thoroughly in the early morning when the pollen count is lower.
- On car journeys, keep windows and air vents closed as often as possible.

DON'T LET HAYFEVER TAKE OVER YOUR DAY



It is impossible to follow all of this advice without completely shutting yourself off from the rest of the world. However, some of these preventative measures may be helpful in reducing the risk of attack.

YOU COULD HELP OTHERS TO JOIN THE RESISTANCE

As a hayfever sufferer, your experience could help others by guiding the way manufacturers develop products and tell sufferers about their uses and benefits. If you would like to help by filling in a questionnaire please write to

THE RESISTON ONE HAYFEVER SURVEY
FREEPOST

FISONS

Consumer Health

12 Derby Road, Loughborough, Leics, LE11 0BB

No stamp is required.

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