

Join the resistance : ask your pharmacist for new Resiston One nasal spray : hayfever prevention and treatment in one.

Contributors

Fisons Limited

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Join the Resistance

ASK YOUR PHARMACIST

FOR [®]
Resiston
ONE
NASAL SPRAY

**HAYFEVER
PREVENTION
AND
TREATMENT
IN ONE**



DON'T LET HAYFEVER TAKE OVER YOUR DAY

HOW IT CAN FEEL TO HAVE HAYFEVER

Hayfever can make you feel miserable. On a beautiful spring or summer day you might have a stuffy or runny nose, exhausting bouts of sneezing, itching, watery eyes, a sore throat and sometimes even wheezing or coughing. You feel you're a nuisance to those around you, but you know they won't 'catch' it from you. So no-one will send you home to recover but you can't get on with your life. You may feel that their sympathy is short-lived because others are enjoying the weather that brings on your hayfever.

You may feel that there's nobody on your side and that hayfever has taken over your summer. You want to fight back, and you may already have tried several hayfever remedies.

WHAT IS HAYFEVER ?

Hayfever, or allergic rhinitis as it is medically known, is a seasonal allergy, generally caused by wind-borne pollens from trees, grasses and weeds. It is often characterised by symptoms including an itchy, runny nose, sneezing and nasal congestion. If you have this type of allergy your symptoms may occur only at times of the year when the pollen is abundant. Even within the main pollen season, the amount of pollen will vary from day to day, which means that the severity of your symptoms will also vary.

WHY DOES IT HAPPEN TO ME ?

Mast cells, present in the mucus linings of your 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 allergy symptoms.

Join the Resistance

HOW CAN RESISTON ONE HELP ?

RESISTON ONE nasal spray contains an ingredient called sodium cromoglycate, which acts by blocking the release of histamine from the mast cells to prevent the allergic reaction from taking place.

If the hayfever season catches you out, the membrane lining of your nose may become inflamed and swollen, producing a runny or blocked nose. RESISTON ONE also contains a decongestant called xylometazoline which reduces the swelling in the nose and the build up of mucus.



HOW DO I USE IT ?

Because RESISTON ONE has a unique combination of these two active ingredients, it is the only non-prescription remedy which can actually prevent nasal hayfever, as well as treating the symptoms.

You can use RESISTON ONE throughout the season even though you may not be suffering directly from the uncomfortable nasal symptoms. By spraying a measured dose once into each nostril, 4 times a day, you can continually renew your defence against hayfever attacks.

If you start to suffer before using RESISTON ONE or after discontinuing use, you can use it at the onset of an attack to get fast relief from the symptoms. Then you should continue using as described above to ensure that the symptoms do not return.

TAKE CONTROL OF YOUR HAYFEVER

REMEMBER

**Resiston[®]
ONE** offers hayfever prevention and
treatment in one.

**Resiston[®]
ONE** should be used throughout the
hayfever season.

**Resiston[®]
ONE** does not cause drowsiness.



WHERE TO 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 ?

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. To be extra sure this season:

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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, please write to us at:

THE HAYFEVER RESISTANCE, FREEPOST

FISONS

Consumer Health

12, Derby Road, Loughborough, Leics, LE11 0BB.

No stamp is required

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