



You May Be at Risk

You are taking a first-generation antihistamine

- Brompheniramine (Bromfed®, Dimetapp®, Bromfenex®, Dimetane®, BPN®, Lodrane®, Ala-Hist® IR, Dimetane®, Disomer®, J-Tan®, Veltane®)
- Carbinoxamine (Clistin®, Palgic®, Rondec®, Rhinopront®)
- Chlorpheniramine (Antagonate®, Chlor-Trimeton®, Efidac 24®, Kloromin®, Phenetron®, Pyridamal 100®, Teldrin®)
- Cyproheptadine (Periactin®, Peritol®)
- Diphenhydramide (Aler-Dryl®, Allergia-C®, Allermax®, Benadryl®, Compoz Nighttime Sleep Aid®, Diphedryl®, Diphen®, Diphenadryl®, Diphenhist®, Dytan®, Hydramine®, Nytol®, Sominex®, Unisom®)
- Dexbrompheniramine (Drixorale®)
- Dimenhydrinate (Dramamine®)
- Clemastine (Dayhist®, AllergyTavist®, Tavist® Allergy, Meclastin®)
- Doxylamine (Aldex AN®, Nighttime Sleep Aid, Unisom® SleepTabs)
- Hydroxyzine (Atarax®, Hypam®, Orgatrax®, Vistaril®)
- Promethazine (Phenergan®, Promethegan® Suppository, Remsed®, Phenergan®, Phenadoz®)
- Triprolidine (Actidil®, Mydil®, Actifed®, Zymine®)



TEST YOUR KNOWLEDGE
about this medication

TEST YOUR KNOWLEDGE

- 1 This antihistamine is safe to take for a long time. TRUE FALSE
- 2 This antihistamine does not have any side effects. TRUE FALSE
- 3 This antihistamine is the best available option to treat my allergy symptoms and relieve itchiness. TRUE FALSE
- 4 It is never too late to substitute or discontinue this antihistamine, even at my age. TRUE FALSE





ANSWERS

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1 FALSE

A second generation of antihistamine medication is now available and is safer to use.

2 FALSE

This antihistamine is associated with serious side effects that most people are unaware of. It can cause drowsiness, dizziness, dry eyes, dry mouth, and blurred vision. In some cases, it can cause constipation, memory loss, agitation, urinary retention and confusion.

3 FALSE

Although it is effective over the short term, studies show that this antihistamine is not the best long-term treatment for your allergies, dry skin or insomnia. For allergies, a new generation of antihistamines has been developed, which does not cause as many side effects as this first-generation one. Please keep on reading to learn more about healthier ways to deal with dry skin and itchiness. When it comes to insomnia, this antihistamine only covers up the symptoms without actually solving the problem.

4 TRUE

It is never too late to change or rethink the medications you take under the supervision of your doctor or pharmacist.



6 You May Be at Risk

DID YOU KNOW?

This medication is a first-generation antihistamine that is used for relief of allergy symptoms such as sneezing, runny nose, sinus and nasal congestion, skin irritations, swelling and itchiness. This medication is commonly known for causing drowsiness. You should therefore never drive or operate heavy machinery while on this drug as it can increase the risk of accidents.

First-generation antihistamines can also cause:

- dry mouth and dry eyes,
- constipation
- memory loss, problems with concentration and confusion
- urinary problems

In some people, this medication can cause a sudden drop in blood pressure leading to dizziness, especially when rising from a chair or bed. People with a history of heart disease, heart failure or glaucoma should use first-generation antihistamines with extreme caution.

WARNING

If you have glaucoma, heart disease or heart failure, you should use medications such as Hydroxyzine with caution. You should also avoid taking it at the same time as sleeping pills or with other antihistamines.

Please Consult your Doctor or Pharmacist
Before Stopping Any Medication.

SO ASK YOURSELF... yes or no?

- ... have you been taking this medication for a long time?
- ... do you ever feel tired and groggy during the day?
- ... do you feel as if you never have enough saliva, even though you drink water regularly?
- ... do you have problems with your memory or feel confused?

AS YOU AGE

Age-related changes take place in your body and change the way you process medications. Your chances of taking more than one medication increase, as well as the possibility of chronic illness. Drugs stay in your body longer and lowered liver function and less blood flow to your kidneys may increase side effects.

Unfortunately this is important information that is often not passed on to patients who are taking this drug. Please consult your physician or pharmacist to discuss this further. New drugs are now on the market that can relieve your allergy symptoms or dry skin with less side effects on your quality of life.



ALTERNATIVES

If you are taking this first-generation antihistamine to help relieve dry skin or itchiness :

Many people have dry and/or itchy skin as they age. The most important thing to do is to find a way to break the “itch-scratch” cycle, which just makes itching worse. There are many non-medicinal strategies to reduce itchiness and dry skin such as :

- Eliminate harsh soaps and detergents. Substitute soap with milder cleansers such as bath gels.
- Limit showers and baths to 10 minutes or less.
- Apply moisturizers immediately after bathing, and up to three times per day as needed to adequately hydrate the skin. Ointments or thick creams with high lipid content (such as those that contain shea butter) are more effective than lotions or gels.
- Use humidifiers during the winter, as indoor heating systems can exacerbate dry skin.
- If your skin is very itchy, put a cold washcloth on it to relieve the burning feeling.

If you are taking this medication to relieve your allergy symptoms :

- This medication is a first generation antihistamine. Because of the more dangerous side effects associated with this medication, there are now second generation antihistamines such as Claritin[®] or Reactine[®], which are available over the counter and are safer for your everyday allergy needs.
- Speak to your pharmacist and/or doctor about other antihistamine medications to treat allergy symptoms that have less serious side effects.



MRS. PARKER'S STORY

"I have hay fever every summer for the past 30 years. Back then, my physician prescribed Atarax® to relieve my allergy symptoms. I have been taking it every year during the allergy season as it relieved my symptoms. However, this year I fell asleep while driving my car and was involved in an accident.

When I mentioned the accident to my pharmacist, he suspected Atarax® to be the cause of my sleepiness. He immediately replaced Atarax® with Claritin®. I noticed the difference right away: I feel less lethargic and less sleepy. My allergy symptoms are under control and I even notice that my memory problems are gone! Something that was really getting me worried.

In winter, my skin is itchy and dry. Instead of taking Atarax® or Claritin®, my pharmacist recommended to substitute my regular soap with a bath gel and to apply a thick moisturizing cream to my skin twice daily to avoid scratching. I also bought a humidifier that I turn on in my bedroom at night. My itchy skin has completely resolved."

Please

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Before Stopping Any Medication

