Claritin and Allegra can be taken as needed.

Second generation oral antihistamine like Cetirizine is effective but can be sedating like the first generation antihistamines like Benadryl. Fortunately, these medications are all over-the-counter.

- For moderate-severe or persistent symptoms, an intranasal steroid such as Flonase, Nasonex, Nasacort is recommended. Usually takes up to about 4 hours for symptom reduction but can take several days of daily use for significant improvement.

Flonase and Nasacort are also now available over-the-counter as well.

- Frequent questions physicians get are about decongestants. Most patients find oral decongestants such as Sudafed helpful especially for sinus pressure however not all people should take decongestants. Discuss with your doctor whether a decongestant is safe for you to use especially if you have high blood pressure or heart problems. Intranasal decongestants may be a safer option for brief use (less than 3 days) but can actually cause worsening congestion and drainage with prolonged or frequent use.

- For those with persistent allergy symptoms despite the above treatments and/or have underlying asthma or lung problems, adding a leukotriene receptor antagonist such as Singular can be beneficial but requires a prescription.

If I Would Have Known... I
Would Have Done This Sooner!

By Michelle Houriet, Executive Director
Independence Hill Retirement Resort Community
(210) 209-8956

“I wish I’d done this sooner...” This is something commonly heard at Independence Hill Retirement Community. Whether it is just in passing, at a Newcomer’s Social or a Family Event; over and over again we are told from residents and their families that if they had known then what they know now, they would have joined our Independence Hill family much sooner. A longtime resident, puts it best, “I tried living with my kids but they eat dinner at 8:00pm – I just like living with my own kind!” she says with a chuckle as everyone around her roars with laughter. “We have different interests than our kids do, so I had to “fit” into what they were planning. Now I have people (neighbors) all around me with similar interests; which keeps me busy each and every day doing things I like to do.”

Several other residents have a similar story. They have lost a spouse, are new to town to be closer to their family, or their neighbors were younger and busy working during the day so they found themselves spending too much time alone. Bottom line, people want to remain independent; where they are free to do what they want, when they want. Everything possible is done to allow residents to remain independent, from providing a variety of fitness classes to stay fit, tons of social opportunities to stay stimulated and active and by making life just a little easier by providing services that allow the time to play, to include housekeeping, maintenance, landscaping, and even transportation services to scheduled outings, shopping, the airport and medical appointments.

Mrs. Holmes sums it up beautifully, “When someone asks me why I moved to Independence Hill, I say – ‘Why not?’ Why live alone in a big house and have to depend on family or friends to shuttle you to appointments, shopping or to run errands? Why not live where you will have friends, feel secure and have a blast! Why not live in a retirement community that has so many advantages – peace of mind for my family, and me, great neighbors, housekeeping services, excellent meals, and a friendly staff?"

The only way to experience the Independence Hill way of life is to come by and see it for yourself. Don’t regret waiting another day... Call our Lifestyle Specialists at (210) 209-8956 to set up your personal tour. Independence Hill Retirement Resort Community is located at 20450 Huebner Rd., San Antonio, TX 78258. For more information visit www.independencenhill.com.

If you know someone who could benefit from the care and attention we offer here at Independence Hill, please call our Lifestyle Specialists at (210) 209-8956 to set up your personal tour.

In Informative Monthly Seminars
Thurs, Feb 11 @ 6 pm • Thurs, March 10 @ 6 pm
Info or RSVP: 210.977.0190

Program Includes:

- Personal one-on-one support and education with a trained health care professional and an Ideal Protein Coach
- Weekly personal weight and Body Composition Analysis
- Rapid weight loss with valuable educational nutrition knowledge to help you sustain your results on a long term basis

RHEUMATOLOGY ASSOCIATES OF SOUTH TEXAS
19272 Stone Oak Pkwy, Ste 101 • (210) 977-0190
3903 Wiseman, Ste 221 • (210) 448-4344
Gautam Moorjani, M.D.    Emily T. Marx, M.D.

For more information on rheumatology services, visit www.healthtexas.org or call (210) 546-1600.

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