

Lisa M.
Outdoor Allergy Sufferer

LISA:

I've been a runner pretty much my whole life. I just love running—especially running marathons. They're such a thrill. And even though I've had outdoor allergies since I was a kid, I was able to manage my symptoms when I ran. Notice how I say *was* able to manage.

About 8 years ago, I was training for a marathon. Running 12 miles a day in this park that had a great path. And one day, my symptoms all of a sudden went haywire—my eyes got really, really itchy, my nose started running like a faucet that just wouldn't turn off—it was awful. Since that day, I've had a much harder time managing my symptoms. And not just in the woods—everywhere, all year round. Since my symptoms act up all the time, I keep a supply of tissues and eye drops on me at all times. So, that's how I deal with my symptoms now. I would really love to find a way to help me manage my outdoor allergy symptoms.

DR. BLAISS:

Lisa isn't the only one that feels the effects of their nasal allergy symptoms. Experts estimate that over 40 million Americans suffer from seasonal and perennial allergies. If you're suffering from indoor or outdoor allergies, I encourage you to talk to your physician about optimal treatments for your condition.

Patients depicted here are not representative of actual patients. Patients and the My Xperts team are paid consultants for sanofi-aventis US, LLC.

This video was recorded in 2009.

Important Safety Information

Do not take XYZAL if you are allergic to XYZAL, cetirizine or ZYRTEC®. Be sure to tell your doctor if you have kidney disease. Children 6 months to 11 years of age with impaired kidney function should not take XYZAL. Patients taking XYZAL should avoid operating machinery or driving a motor vehicle. Taking XYZAL with alcohol or sedatives should be avoided. Take XYZAL at bedtime. Do not increase the dose due to increased risk of sleepiness.

In patients 12 years of age and older, side effects may include sleepiness, tiredness, sore throat and dry mouth. In children 6-12 years of age, side effects may include fever, cough, sleepiness and nose bleeds. In children 1-5 years of age, side effects may include fever, diarrhea, vomiting, and ear infections. In children 6 months to 11 months of age, side effects may include diarrhea and constipation.

Indications

XYZAL is a prescription medication used to treat the symptoms of year round allergies, as well as a treatment for chronic hives and rashes of unknown cause (also known as chronic idiopathic urticaria) in patients 6 months of age and older, and symptoms of seasonal allergies in patients 2 years of age and older.

Please see full [Prescribing Information](#).