

Men's Health



Sneeze-free summer



Keep hay fever at bay with our definitive survival guide

IT'S NOT ALL BIKINIS, BARBECUES AND BEER GARDENS – for up to a quarter of the population, sunny days and balmy evenings can bring sheer misery. Hay fever – or 'seasonal allergic rhinitis' – can hit you at any age, at any time from early spring to the end of autumn and, as any sufferer will tell you, it can be much more than a case of the sniffles.

Why it's bad news

"Hay fever can be absolutely awful for many people," says Professor Jean Emberlin, director of the National Pollen Research Institute at University College, Worcester. "It interferes with your performance at work, your quality of sleep and your social life." The sore eyes, sneezing, runny nose and general stuffiness can ruin your concentration, zap your energy and, combined with poor-quality sleep, leave you permanently fatigued.

Over time, failure to treat symptoms can also bring on asthma and other respiratory

Change your life

- 1 | Keep windows and doors closed. If you own an air purifier, keep it aimed at your face or by your bed for maximum benefit, advises Emberlin. (And if you want to get hold of one, check out www.allergymatters.co.uk or call 0800 052 8228 for a good selection.)