

## Allergy Medications: Which Ones Are the Best?

Do you suffer from allergies? If you do, you may always be on the lookout for ways to seek relief. Although there are a number of natural ways that allergy sufferers are able to treat or manage their symptoms, many turn to medicine. Whether it be prescription medications or over-the-counter medications, many find themselves wondering which ones are the best.

When it comes to determining which allergy medications are the best, there are a number of important points that must first be taken into consideration. One of those points is the type of allergies. For example, different individuals suffer from different allergies. Some suffer from pet allergies, some suffer from mold allergies, some suffer from food allergies, and so forth. Some medications are better for those with certain allergies, as more targeted treatment is provided. One of the best approaches to take is to speak with a professional healthcare provider or do the research online.

Insurance is another factor that should be taken into consideration. Many individuals like to research and compare prescription medications and over-the-counter medications for allergies. With that being said, some individuals do not have the opportunity to try both. For example, if you do not have health insurance, you may be unable to afford the cost of a healthcare visit, as well as the cost of prescription medicine. If you are one of those individuals, you are encouraged to spend most of your time focusing on over-the-counter allergy medications. The good news, however, is that many medicines that were once only available with a prescription are now available without a prescription.

As for what allergy medications are the best, you will find that it all depends, as previously stated. A great way to get started is to speak with a healthcare provider. If you have health insurance, you are advised to schedule a visit with your doctor. In addition to getting a prescription, your doctor may be able to help you with other ways to manage or treat your allergy symptoms. Chances are if your doctor prescribes an allergy medication to you, that medicine is likely to work. If medicine is not prescribed, it is still a good idea to ask your doctor about over-the-counter products, namely which ones work the best.

If you must rely on over-the-counter allergy medicines or if you choose to do so, you may want to do a little bit of research first. There are a number of websites online that allow internet users to rate and review products. Walgreen's and DrugStore.com are just a few of the online pharmacy websites that allow the rating and reviewing of products. You are encouraged to review these ratings, as well as read any reviews that accompany them. Of course,

individuals respond differently to different over-the-counter products, but you can get a good idea as to whether you should buy the allergy relief product that you wanted to buy or if you should just save your money.

In addition to speaking with a healthcare provider or using the internet to research allergy medications, it is also a good idea to speak to those that you know. You may be surprised just how many individuals there are that suffer from allergies. There is a good chance that some of your friends, family members, neighbors, or coworkers suffer from allergies. If they do, inquire as to how they treat those symptoms. If they have tried multiple prescriptions or multiple over-the-counter allergy relief medications, which ones did they like or dislike and why? Were there side effects? These are all important questions that you will want to ask.

As a recap, there are a number of prescription medications and over-the-counter products that are known for their great results. With that being said, everyone reacts different to medications, especially where side effects are concerned. For that reason, you should develop a treatment plan with a professional healthcare provider or rely on trial and error with over-the-counter products.

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