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## **FDA Recommends Ban on Children's Decongestants – What Now?**

NAPS - It's 3 a.m. and your child is still awake because of his congestion. What do you do?

Until recently, most parents would have reached for a decongestant or antihistamine to help everyone back to sleep. But now the FDA has questions about the effectiveness and safety of these medications and there's concern that parents are overusing them.

Many companies have already issued recalls for their children's products, leaving little on the shelves that can help solve a stuffy nose. So, what's a parent to do?

"There are some alternative options for treating congestion during the oncoming cold season," says Dr. Diane Heatley, a pediatric ENT at the University of Wisconsin-Madison. She suggests other methods for clearing the nasal passages and relieving the uncomfortable symptoms. These methods are safe for kids of all ages, including young children, and give parents some much-needed options in this time of medical confusion.

- **A nose pump spray.** This treatment can be used for all children and is especially effective for babies. A fine saline solution mist is pumped into the nasal cavity, thinning mucus and easing congestion to improve breathing. Using a pump spray, such as the SinuCleanse Kid's Mister, is important to avoid contaminating the saline solution with nasal discharge and also prevents irritating the nose, since it's placed just outside the nose.
- **Nasal washing.** When the child is a little older, Dr. Heatley advises using a nasal washing system, such as SinuCleanse. Children as young as age four can use this ancient technique of pouring saline solution from a neti pot into one nostril to drain out the other. This treatment is gentle, safe and effective since it gives a full washing of the nasal passageway and is easily done using the SinuCleanse premeasured saline packets. A nasal squeeze bottle is another excellent option, as long as the squeeze pressure is gentle and the bottle is kept clean.

"Children get an average of six to eight upper respiratory infections per year, perhaps twice that many for those who attend daycare or preschool," says Heatley, "and parents need something that can help ease the symptoms. Nasal washing is a wonderful symptom reliever."

## NEWS RELEASE

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And, she adds, “Since nasal saline contains no medication, it can be used as often as necessary, even every hour, to help keep secretions thin,” she says.

For more information on nasal washing or the SinuCleanse system, visit [www.sinucleanse.com](http://www.sinucleanse.com).

### **About the SinuCleanse® System**

The SinuCleanse® system was created in 1997 as an all-natural defense for adults and children who suffer nasal problems. It was created by an ENT and is clinically proven to reduce sinus symptoms. This drug-free treatment can be used as often as needed and is safe for every sinus sufferer, including pregnant women, people on multiple medications and children. The SinuCleanse® system is available in two easy-to-use applications, the original neti pot and the new SinuCleanse® Squeeze™. For more information, please visit [www.sinucleanse.com](http://www.sinucleanse.com).

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**Notes to editors:** *Dr. Diane Heatley is available for interviews and products are available for samples, demos, etc. Additionally, we're able to provide hi-res images of both the products and Dr. Heatley upon request.*

*The SinuCleanse® Squeeze™ is available at Rite Aid and online at [www.sinucleanse.com](http://www.sinucleanse.com).*

*The SinuCleanse® System, with the original neti pot, is available at Walgreens, CVS, Rite Aid and other fine retail locations, as well as online at [www.sinucleanse.com](http://www.sinucleanse.com).*