Allergies And Bacterial Infection

(NAPSA)—Allergies are nothing to sneeze at. This allergy season seems to be shaping up as one of the worst in recent history, according to allergists across the country. While this may spell irritation in the form of itchy eyes, headaches and runny nose, it can also be more even more. Allergies can cause bacterial infections, including sinusitis.

There are approximately 31 million cases of sinusitis reported every year. While not life-threatening, sinusitis can disrupt your lifestyle. People suffering from sinusitis miss an average of four days of work every year. Many sinusitis infections are viral and resolve on their own; they can not be treated with antibiotics. However, bacterial sinus infections may require antibiotics to get better.

The symptoms of sinusitis can include nasal drainage or congestion, facial pressure, lessened ability to smell, fever, cough, fatigue and ear pressure. If you have these symptoms and they do not improve or worsen you may have a bacterial infection. Many antibiotics are highly effective against bacterial sinusitis, wiping out the infection so you can feel better and get back to your normal routine.

The Sinus and Allergy Health Partnership, a consortium of experts in treating upper respira-

WHY NOT ARRANGE TO RECEIVE FEATURETTES IN THE FORMAT THAT WORKS BEST FOR YOU?

Simply call us toll free at (800) 222-5551 or e-mail your request to us at printmedia@napsnet.com. We can provide featurettes on CD-ROM, Macintosh and IBM diskettes, or you can download it online at our Web site: www.napsnet.com.

For any inquiries pertaining to our television and radio departments, e-mail us at broadcastmedia@napsnet.com.

Gary Lipton
Media Relations Manager

Phone: 1-(800)-222-5551
Fax: 1-(800)-990-4329
Web site: www.napsnet.com
e-mail: printmedia@napsnet.com

Cooking Corner

The Diet-Friendly Sweet Potato

(NAPSA)—Surprise! For low-carb lifestyles, sweet potatoes can be a perfect fit. Carb counters know that foods with a high glycemic index (GI) raise your blood sugar quickly — then you crash, feel hungry and the eating cycle begins. Low GI foods cause a gradual rise in blood sugar and you feel satisfied longer. Among root vegetables, sweet potatoes offer the lowest GI rating. That’s because the sweet potato is digested slowly, causing a gradual rise in blood sugar. Many popular diets allow sweet potatoes, including the South Beach, Atkins and Sugarbusters diets.

One tasty recipe to try is this:

Shrimp and Yam Soup

1 onion, chopped
1 bell pepper, cored and chopped (Note: For more color, add a red or yellow bell pepper.)
1 tsp. minced garlic
4 cups canned vegetable broth or chicken broth
2 cups diced, peeled sweet potatoes (yams)
1 (10 oz.) bag frozen cut green beans
1 (10 oz.) bag fresh spinach
1 lb. medium shrimp, peeled and deveined
1 (10 oz.) can chopped tomatoes and green chilies
1 (6 oz.) can tomato paste
1 tbsp. Worcestershire sauce
Salt and pepper to taste

Add the broth, sweet potatoes, green beans, spinach, shrimp, tomatoes and green chilies, tomato paste, Worcestershire sauce, salt, pepper and hot sauce and bring to a boil. Reduce the heat and cook until the sweet potatoes are tender, 15 to 20 minutes. Add the green onions, if desired and add more broth if soup is too thick. Makes 12 servings.

For more recipes, visit the Louisiana Sweet Potato Commission’s Web site at www.sweetpotato.org and the Louisiana Sweet Potato Commission at P.O. Box 2550, Baton Rouge, LA 70821-2550.

Allergies can be more than just annoying; they can lead to other health problems. Infections, just released new guidelines to help doctors diagnose and treat sinusitis infections. These guidelines outline the most effective antibiotic choices. If you have been diagnosed with bacterial sinusitis, talk to your doctor about choosing the most effective antibiotic, one that is recommended by the guidelines.

Make sure to ask your doctor about convenient dosing options and antibiotics with extended spectrum.

For more information or if you think you may be suffering from a sinus infection, talk to your doctor.

Ask About Our CDs!

Why not arrange to receive Featurettes in the format that works best for you? Simply call us toll free at (800) 222-5551 or e-mail your request to us at printmedia@napsnet.com. We can provide featurettes on CD-ROM, Macintosh and IBM diskettes, or you can download it online at our www.napsnet.com Web site.

For any inquiries pertaining to our television and radio departments, e-mail us at broadcastmedia@napsnet.com.

Gary Lipton
Media Relations Manager

Phone: 1-(800)-222-5551
Fax: 1-(800)-990-4329
Web site: www.napsnet.com
e-mail: printmedia@napsnet.com

HELPFUL

• Safety
• Economy
• Family Fun
