

# UPTOSPEED

In This Issue:

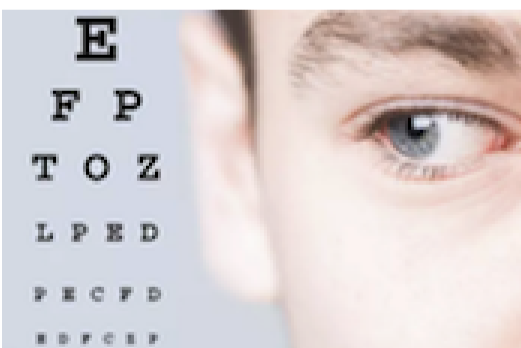
- ◆ Managing Spring Allergies ◆ Eye Hygiene
- ◆ Minimizing Stress ◆ STI Truths



## Stop the Sneeze: How to Manage Spring Allergies

Springtime is in bloom, bringing the promise of fresh flowers, bright sunshine, and warmer weather. But if you're one of the 50 million Americans who suffer from allergies, the season also means sinus congestion, sneezing, and itchy, watery eyes.

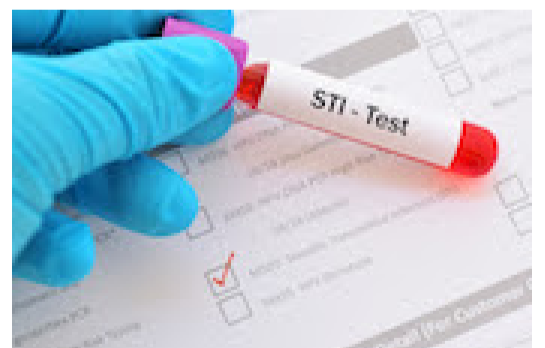
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