



is pleased to present:

## Understanding 1st & 2nd Generation Antihistamines



**Dr. David Fischer**  
President, Canadian Society  
of Allergy and Clinical  
Immunology (CSACI)

1st Generation Antihistamines are often over prescribed by physicians and pharmacists *"I want patients to know that I do have some concerns if they're taking a lot of Benadryl on multiple levels. I want them to be aware that these other medications are available on prescription."*

There are options for allergy sufferers, which provide effective symptom control but should not make you drowsy. *"I want them to know that they are basically safe, and a lot of people are afraid of taking antihistamines on a regular basis, there's very little data to support that regular taking of them is a problem."*

For the first time in 20 years, there are two new antihistamines available in Canada by prescription. *"A patient who is doing any of these new antihistamines (Blexten or Rupall) should speak to your pharmacist. There are some potentials for drug interactions and that's what your pharmacist is for."*

"Understanding 1st & 2nd Generation Antihistamines (AH)" features Dr. David Fischer delivering education surrounding the appropriate use of Antihistamines to relieve the symptoms of Allergic Rhinitis & Seasonal Allergies.

**View this insightful program at**  
[HealthandFamily.ca/antihistamines](http://HealthandFamily.ca/antihistamines)

Speak with your pharmacist for counsel regarding antihistamines and potential drug reactions or side effects

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with Dr. Marla Shapiro  
Medical Contributor

