

Health Highlights Phenylephrine = Placebo? (Audio)

<<(I'M TIM DITMAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.

SUDAFED HAS BEEN A HOUSEHOLD NAME FOR DECADES. RECENTLY – THE U.S. FOOD AND DRUG ADMINISTRATION DETERMINED ONE OF ITS INGREDIENTS – SUDAFED P-E – IS NOT EFFECTIVE AND SHOULD BE BANNED FROM OVER-THE-COUNTER USE.

THE P-E COMES FROM THE DRUG'S ACTIVE INGREDIENT – PHENYLEPHRINE (**PHEN-uh-leh-frin**) – MARKETING AS A PRODUCT TAKEN BY MOUTH THAT SHOULD PROVIDE TEMPORARY RELIEF OF NASAL CONGESTION. MANY OTHER OVER-THE-COUNTER PRODUCTS CONTAIN THIS INGREDIENT – INCLUDING ITEMS UNDER THE BRAND NAMES NYQUIL... BENADRYL... MUCINEX AND MORE.

JASON SCHIED (**SHIED**) IS THE DIRECTOR OF PHARMACY SERVICES FOR COMMUNITY AND SPECIALTY PROGRAMS AT OSF... HE SAYS THE F-D-A IS NOW SEEKING PUBLIC COMMENTS ON THE PROPOSAL INTO 2025. HE OFFERS A FEW OTHER ALTERNATIVES YOU CAN TRY TO LESSEN CONGESTION.

"If you're looking for an oral decongestant, the original Sudafed is a good alternative," Scheid adds. "You have to show your ID and there's purchase limitations. It has shown itself to be an effective alternative. There are nasal decongestants you can try, like Afrin. There's also nasal steroids and antihistamines, this gets more into the allergy nasal sprays that can help prevent congestion symptoms. You can pick any of those up over the counter at a local pharmacy."

THE F-D-A CLARIFIES THAT WHILE IT'S PROPOSING THESE PRODUCTS BE BANNED FROM STORE SHELVES... THERE AREN'T ANY SAFETY CONCERNS ATTACHED TO THEM. THEY'RE SIMPLY JUST NOT EFFECTIVE. SCHEID SAYS MORE NATURAL REMEDIES LIKE STANDING IN A HOT SHOWER... OR USING A COOL MIST HUMIDIFIER CAN HELP EASE CONGESTION.

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