

Worried whether Benadryl is safe?

Learn about what we know about long-term Benadryl use.

What we know

- Benadryl is a type of *anticholinergic* drug
- Studies show use of anticholinergic drugs is associated with dementia:
 - Among adults ages 50+
 - After long-term use (daily for 3+ years)

What we don't know

- Studies don't prove that these drugs cause dementia
- How these drugs affect those under age 50

Bottom Line

Benadryl may not be the best choice for long-term daily use

Always use medications as directed

Ask your doctor if you have questions



Using allergy meds daily?

Here are some alternatives to anticholinergic antihistamines like Benadryl:

- Claritin (Loratadine)
- Zyrtec (Cetirizine)
- Allegra (Fexofenadine)
- Clarinex (Desloratadine)
- Xyzal (Levocetirizine)

Not sure which is best for you?
Ask your doctor.