



press release

BREATHE BETTER NO MATTER WHERE YOU LIVE

Memphis, TN, is Named the New 2015 Asthma Capital™, but Asthma Can be Controlled Everywhere, Everyday

WASHINGTON, May 5, 2015 /PR Newswire/ -- Today, on World Asthma Day, the Asthma and Allergy Foundation of America (AAFA) released the 2015 Asthma Capitals report which ranks the 100 most challenging cities to live in the United States with asthma. The report looks at 13 critical factors relating to asthma prevalence, environmental conditions and healthcare utilization. Asthma is a chronic inflammatory disease of the large and small airways of the lungs causing wheezing, coughing and other symptoms that make it difficult to breathe. But with proper diagnosis, treatment and care, people with asthma can successfully manage their asthma to prevent and control symptoms, lessen the severity of attacks, improve lung function and breathe better no matter where they live.

Memphis, TN, is the #1 Asthma Capital this Year

Several significant factors contributed to Memphis' #1 spot this year such as poor air quality, inadequate public smoking bans, high reliance on asthma medications and many emergency room visits for asthma. The top twenty-five most challenging cities to live in with asthma this year are:

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| 1. Memphis, TN | 10. Chicago, IL | 19. Allentown, PA |
| 2. Richmond, VA | 11. Indianapolis, IN | 20. Cleveland, OH |
| 3. Philadelphia, PA | 12. New Haven, CT | 21. Louisville, KY |
| 4. Detroit, MI | 13. Fresno, CA | 22. Milwaukee, WI |
| 5. Oklahoma City, OK | 14. Providence, RI | 23. Springfield, MA |
| 6. Augusta, GA | 15. Tulsa, OK | 24. Toledo, OH |
| 7. Knoxville, TN | 16. Atlanta, GA | 25. Jacksonville, FL |
| 8. Chattanooga, TN | 17. McAllen, TX | |
| 9. New Orleans, LA | 18. Dayton, OH | |

To view the full list of 100 Asthma Capitals and the ranking methodology, visit www.AsthmaCapitals.com.

“Each year for our report, we look at the largest cities across the country and measure the things that people with asthma care about the most,” says Mike Tringale, AAFA Senior Vice President of External Affairs and principal investigator for the report. “Obviously we look at pollen, pollution, and ozone because nature affects adults and kids with asthma. But we also look at poverty, uninsured rates and city smoking bans because public policies matter too,” said Tringale. “Communities can



work to make progress on many of these factors and we want our report to provide communities with a blueprint for change.”

“The good news about asthma today is that it can be controlled in patients regardless of where they live,” says Tringale, “and having a serious conversation with your doctor is the first step.” The U.S. asthma care guidelines from the National Heart, Lung & Blood Institute (NHLBI) emphasize the importance of assessing and monitoring patients with asthma, education, avoidance of environmental triggers and proper medication. The NHLBI guidelines recommend a “stepwise” approach to asthma treatment which begins with a daily inhaled corticosteroid, also called a “controller,” which is the cornerstone of modern asthma management for adults and kids. Good care also includes having emergency inhaler medication – a “quick-relief” inhaler – on-hand when needed. The Asthma Capitals report also looks at medication usage by patients across the country and identifies which cities have higher or lower asthma medication utilization.

The Asthma Capitals report is an independent research project of AAFA sponsored this year by Teva Respiratory and QVAR[®] (beclomethasone dipropionate HFA) Inhalation Aerosol. QVAR[®] is an inhaled corticosteroid used in the ongoing treatment of asthma as preventative therapy. It works by helping to reduce airway inflammation. QVAR[®] has small particles of asthma medicine that are designed to reach the large and small airways, where asthma inflammation exists.

Raising Awareness on World Asthma Day and Everyday

AAFA raises awareness about asthma and provides education and support for the 25.9 million Americans living with this disease. The prevalence of asthma has been increasing since the early 1980s across all age, sex and racial groups. Each year, asthma accounts for more than 8 million doctor visits and 479,000 hospitalizations; and the annual cost of asthma is estimated to be \$56 billion. These statistics prove one thing – there is a need for better asthma control.

For the past twelve years, AAFA’s Asthma Capitals report has served as a checklist for cities to identify the political, environmental and healthcare implications of asthma. The Foundation is pleased that this “blueprint” has made both a national and local impact. From inquiries about what can be done to improve the outcomes of asthma in some areas, to the development of new technologies to reduce the burden of asthma in others, the Asthma Capitals is paving the way to protect the quality of life for asthma patients, and improve the economic effects it has on the nation as a whole.

Get Educated and Get Treated

There are more than 3,300 deaths each year due to asthma, many of which are avoidable with proper treatment and care. Patients need to visit with their doctor to develop an asthma action plan to help prevent, manage and control their asthma symptoms. Working closely with a doctor ensures that patients are receiving the best personalized care. In addition to learning behaviors that minimize the risks of experiencing asthma symptoms, patients can learn about all of the available treatment options.

There is no cure for asthma, but asthma can be managed with proper prevention and treatment. Visit with your doctor to discuss the best treatment method for you.

About AAFA

The Asthma and Allergy Foundation of America (AAFA) is the leading national nonprofit consumer and patient organization dedicated to fighting asthma and allergic diseases. AAFA provides free information to the public, offers educational programs to consumers and health professionals, leads advocacy efforts to improve patient care, and funds research to find treatments and cures.

www.aafa.org



About QVAR®

QVAR® (beclomethasone dipropionate HFA) Inhalation Aerosol is used in the ongoing treatment of asthma as preventative therapy in patients five years of age or older. QVAR is also used for asthma patients who require systemic corticosteroid administration, where adding QVAR may reduce or eliminate the need for systemic corticosteroids.

Important Safety Information

- QVAR does not replace quick-relief inhalers for sudden symptoms.
- Do not use QVAR if you are allergic to beclomethasone dipropionate or any of the ingredients in QVAR.
- Do not use QVAR more often than it is prescribed. Do not stop taking QVAR abruptly without talking to your healthcare provider.
- QVAR may cause serious side effects, including:
 - Fungal infections (thrush). Tell your healthcare provider if you have any redness or white-colored patches in your mouth or throat. Rinse your mouth after using QVAR to help prevent an infection in your mouth or throat
 - Worsening asthma or sudden asthma attacks. After using your rescue inhaler, contact your healthcare provider right away if you do not get relief from your sudden asthma attacks
 - Decreased adrenal function. This potentially life-threatening condition can happen when you stop taking oral corticosteroid medicines and start using QVAR. Tell your healthcare provider right away about any symptoms such as: tiredness, weakness, nausea and vomiting, and dizziness or faintness
 - Immune system effects or infection. Tell your healthcare provider about any signs or symptoms, such as: fever, pain, body aches, chills, feeling tired, nausea, or vomiting
 - Increased wheezing right after QVAR use. Always have a rescue inhaler with you to treat sudden wheezing
 - Serious allergic reactions. Stop using QVAR and call your healthcare provider or get emergency medical help right away if you get any of the following: hives; swelling of your lips, tongue, or face; rash; or breathing problems
 - Slowed growth in children. Children should have their growth checked regularly while using QVAR
 - Lower bone density. This may be a problem for people who already have a higher chance for this condition
 - Eye problems. If you have had glaucoma or cataracts in the past, you should have regular eye exams while using QVAR
- The most common side effects of QVAR include: headache, throat irritation, and sinus irritation.

Please see full Prescribing Information www.qvar.com/PI

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Contact for Media Only:

Talisa White (talisa@aaafa.org)
External Affairs Manager
Asthma and Allergy Foundation of America (AAFA)
202-466-7643 x237