



2016 Spring Allergy Capitals™ Report Ranks The Most Challenging Cities Nationwide For Allergies

WASHINGTON, D.C., March 23, 2016 /PRNewswire/ -- Today, the Asthma and Allergy Foundation of America (AAFA), a leading patient advocacy organization in the United States representing nearly 61 million Americans who experience asthma or allergies, released its annual Spring Allergy Capitals™ report. The report identifies the 100 most challenging places to live with spring allergies in the U.S. Jackson, MS is the most challenging U.S. city to live for the second year in a row based on higher than average pollen scores, higher than average medication usage, and availability of board-certified allergists in the area. The other top ten cities include #2 Memphis, TN; #3 Syracuse, NY; #4 Louisville, KY; #5 McAllen, TX; #6 Wichita, KS; #7 Oklahoma City, OK; #8 Providence, RI; #9; Knoxville, TN; #10 Buffalo, NY. To view the complete list of cities, visit www.AllergyCapitals.com.

AAFA's Spring Allergy Capitals report is an independent research project of AAFA and sponsored by DYMISTA® (azelastine hydrochloride and fluticasone propionate) Nasal Spray distributed by Meda Pharmaceuticals.

"AAFA's annual Spring Allergy Capitals report provides important insights into cities where people are most affected by seasonal symptoms due to environmental factors such as pollen, behaviors such as allergy medication usage and the availability of board-certified clinicians," says Cary Sennett, MD, PhD, FACP AAFA's President and CEO. "Whether you live in one of these allergy capitals or anywhere else, it's important to work with your health care providers to recognize the elements that trigger your allergies and determine the best treatments to enjoy your life unencumbered by seasonal nasal allergies."

ACHIEVE ALLERGY RELIEF NO MATTER WHERE YOU LIVE

More than 50 million Americans with seasonal nasal allergies are expecting – and dreading – runny and congested noses, inflamed sinuses, relentless sneezing and other symptoms associated with springtime allergies. The warm weather will drive people outdoors to face one of the season's biggest problems, tree pollen, so children and adults with seasonal allergies should plan ahead.

"Many different types of seasonal nasal allergy treatments are available, including prescription medications and new combination therapies, mono-therapies, short- and long-term treatments that may help relieve symptoms," explains Dr. Purvi Parikh, a board-certified adult and pediatric allergist and immunologist and Clinical Instructor of Medicine and Pediatrics at New York University School of Medicine. "Because spring is the time when most people with allergies experience their worst seasonal allergy symptoms, it's important that allergy sufferers seek advice from a health care professional before the season hits full force."

"Many people suffer miserably in the spring with seasonal nasal allergies, which can impact one's ability to sleep and be productive in school or on the job," added Dr. Parikh. "It's important to see a health care professional early, before the season hits full force, so you're armed with the tools and medicines that provide the most effective symptom relief for you and your family."

About the Research

The Spring Allergy Capitals™ ranking is an annual research and educational project of AAFA, designed to help patients recognize, prevent and safely treat allergy symptoms. Through this ranking, AAFA raises awareness about the impact of seasonal allergies and provides helpful information designed to improve the quality of life for people who experience them. The ranking is based on local pollen levels, use of allergy medication and the number of Board Certified allergists in each metro



area. Visit www.AllergyCapitals.com to see the full list, study methodology and to learn more about allergy diagnosis, prevention and treatment.

About AAFA

Founded in 1953 and celebrating over 60 years of service, the Asthma and Allergy Foundation of America (AAFA) is the oldest and largest nonprofit patient organization dedicated to improving the quality of life for people with asthma, allergies and related conditions through education, advocacy and research. AAFA provides practical information, community-based services, support and referrals through a national network of chapters and educational support groups. Through its Kids With Food Allergies division, AAFA offers the oldest, most extensive online support community for families raising children with food allergies at community.kidswithfoodallergies.org. In addition, AAFA sponsors and advocates for research to advance the basic science relevant to treatment and cure and champions translational research so that the science that we have is applied more consistently and reliably. For more information, visit www.aafa.org.

About Dymista®

DYMISTA® (azelastine hydrochloride and fluticasone propionate), distributed by Meda Pharmaceuticals, is the first and only prescription seasonal allergy nasal spray to both block histamine and treat inflammation of seasonal nasal allergy symptoms.

Important Safety Information

- DYMISTA can cause sleepiness or drowsiness. Do not drive, operate machinery, or do anything that needs you to be alert until you know how DYMISTA affects you.
- Do not drink alcohol or take any other medicines that may cause you to feel sleepy while using DYMISTA. It can increase your chances of having serious side effects.

DYMISTA may cause serious side effects including:

- **Sleepiness or drowsiness**
- **Nasal Problems.** Symptoms of nasal problems may include: crusting in the nose, nosebleeds, runny nose, hole in the cartilage between your nose (nasal septal perforation). A whistling sound when you breathe may be a symptom of nasal septal perforation.
- **Slow wound healing.** You should not use DYMISTA until your nose has healed if you have a sore in your nose, if you have had surgery on your nose, or if your nose has been injured.
- **Thrush (Candida), a fungal infection in your nose and throat.** Tell your healthcare provider if you have any redness or white colored patches in your nose or mouth.
- **Eye problems, such as glaucoma or cataracts.** Some people may have eye problems, including glaucoma and cataracts. You should have regular eye exams when using DYMISTA.
- **Immune system problems that may increase your risk of infections.** DYMISTA may cause problems with the way your immune system protects your body against infection and increase your risk of infection. Avoid contact with people who have contagious diseases such as chickenpox or measles while you use DYMISTA. Symptoms of infection may include: fever, aches or pains, chills, feeling tired.
- **Adrenal Insufficiency.** Adrenal insufficiency is a condition in which the adrenal glands do not make enough steroid hormones. Symptoms of adrenal insufficiency may include: tiredness, weakness, nausea, vomiting, low blood pressure.
- **Slowed or delayed growth in children.** A child's growth should be checked regularly while using DYMISTA.



Call your healthcare provider or get medical help right away if you have symptoms of any of the serious side effects listed above.

- The most common side effects of DYMISTA include: changes in taste, nosebleeds, and headache.
- Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all of the possible side effects of DYMISTA. For more information, ask your healthcare provider or pharmacist.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. DYMISTA and other medicines may affect each other, causing side effects.

Especially tell your healthcare provider if you take:

- ritonavir (Norvir) or medicines that contain ritonavir (commonly used to treat HIV infection or AIDS)
- ketoconazole, fluconazole, or itraconazole (for fungal infections)
- Before using DYMISTA tell your healthcare provider if you are pregnant or plan to become pregnant. It is not known if DYMISTA will harm your unborn baby.

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

Approved Uses

DYMISTA is a prescription medicine used to treat symptoms of seasonal allergic rhinitis in people 6 years of age and older, who need treatment with both azelastine hydrochloride and fluticasone propionate. DYMISTA may help to reduce your nasal symptoms including stuffy nose, runny nose, itching, and sneezing.

Full Prescribing Information at <http://dymista.com/DymistaUSPI.pdf>

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