SPRING TO IT! DON’T DELAY YOUR ALLERGY RELIEF

New Spring Allergy Capitals™ Ranking Names Cities Nationwide, But You Don’t Have to Suffer.

(April 2, 2015) WASHINGTON, DC – Out with the cold, in with the “achoo!” It’s spring and people across the United States are looking forward to the warmer weather, new and invigorating plant life, and the long-delayed exit of winter. But, more than 45 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 the season’s biggest problem, tree pollen, so children and adults with seasonal allergies need to plan now.

“Even though it seems like you can get all the answers at the drug store, you really can’t manage allergies alone, you need to work with a doctor. Allergy sufferers who wish to avoid allergy misery need to know their allergic triggers by visiting an allergist and having the proper testing done,” says Dr. Clifford W. Bassett, Medical Director of Allergy and Asthma Care of NY and an Ambassador for the Asthma and Allergy Foundation of America (AAFA). “This will enable patients to have a specific, proactive treatment plan in place before symptoms hit,” says Bassett.

ACHIEVE ALLERGY RELIEF NO MATTER WHERE YOU LIVE

Today, AAFA released its annual Spring Allergy Capitals™ report at www.AllergyCapitals.com, ranking the 100 most challenging places to live with spring allergies in the U.S. This year’s report named Jackson, MS as the #1 Spring Allergy Capital, based on higher than average pollen and higher than average medication usage. The other top ten cities include #2 Louisville, KY; #3 Oklahoma City, OK; #4 Memphis, TN; #5 Knoxville, TN; #6 McAllen, TX; #7 Wichita, KS; #8 Dayton, OH; #9 Providence, RI; #10 Richmond, VA. 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 is sponsored by DYMIsta® (azelastine hydrochloride and fluticasone propionate) Nasal Spray distributed by Meda Pharmaceuticals. “The Allergy Capitals can help to inform a pollen sufferer about geographical areas that may provoke and worsen their seasonal symptoms, which impacts their quality of life,” says Dr. Cliff Bassett.

“Immediate personalized treatments can include prescription medications such as new combination therapies, mono-therapies and long-term treatments that may help some patients,” Bassett says. It’s important that allergy sufferers take heed; a new study by AAFA revealed that spring is when most allergy patients experience their worst seasonal allergy symptoms, and patients report that they are not fully satisfied with the over-the-counter (OTC) options they find on drug store shelves.
AAFA SURVEY REVEALS PATIENTS GET BETTER RELIEF WITH DOCTOR CARE

AAFA recently conducted the Symptom Management and Allergic Rhinitis Treatment (SMART™) Survey, an assessment of seasonal allergic rhinitis (SAR) patients to better understand their awareness, knowledge, perceptions and preferences about allergy prevention, management and treatment. The survey gauged both adults with SAR and caregivers of children with SAR. Results revealed that allergy symptoms are far worse in the spring than any other season with pollen exacerbating patients’ conditions. Nearly 95% of seasonal allergy patients surveyed experienced symptoms in the spring. Congestion (24%) and headache/sinus pain (23%) topped the list of the most bothersome physical allergy symptoms. But patients reported psychological symptoms too, with more than half of respondents saying allergies made them irritable (57%) and frustrated (50%). Even among children with allergies, parents reported kids feel unhappy (40%), upset (23%) and even angry (19%).

More than half of the patients surveyed (55%) reported having daily symptoms when experiencing seasonal allergies. AAFA’s SMART study also showed that adult patients are more likely to seek treatment in the form of OTC medications, while parents reported that their children were more likely to take prescribed allergy medications. But satisfaction was higher for patients using prescription remedies over OTC options. “I have found a tremendous benefit for allergy sufferers to have an allergist-directed evaluation to help pinpoint the exact triggers responsible for all of those pesky allergy symptoms,” says Dr. Bassett. “With this first step, one can individualize cost effective steps to reduce and hopefully prevent seasonal symptoms.”

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 of allergies and provides helpful information designed to improve the quality of life for people with allergies. The ranking is based on local pollen levels, use of over-the-counter and prescription 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
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 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 Nasal Spray can cause drowsiness. Do not drive, operate machinery, or do anything that you need to be alert for until you know how Dymista Nasal Spray affects you
• Do not drink alcohol or take any other medicines that can cause you to feel sleepy while using Dymista Nasal Spray. This can increase your chances of having serious side effects
Tell your healthcare provider if you have any side effects that bother you or any side effects that do not go away.

Tell your doctor if you are pregnant or plan to become pregnant; it is not known if Dymista Nasal Spray will harm your unborn baby.

The most common side effects with Dymista are changes in taste, nosebleeds, and headache.

Dymista® (azelastine hydrochloride and fluticasone propionate) Nasal Spray may also cause the following side effects:

- Nasal problems. Symptoms of nasal problems include crusting in the nose, nosebleeds, runny nose, or a hole in the cartilage between your nostrils (nasal septal perforation). A whistling sound when you breathe may be a symptom of nasal septal perforation.
- Slow wound healing. If you have a sore in your nose, if you have had surgery on your nose, or if your nose has been injured, you should not use Dymista Nasal Spray until your nose has healed.
- Thrush (Candida), a fungal infection in your nose, mouth, or throat. Tell your doctor if you have any redness or white-colored patches in your nose, mouth, or throat.
- Eye problems. Some people may experience eye problems, including glaucoma or cataracts. You should have regular eye exams when using Dymista Nasal Spray.

- Immune system problems. Dymista Nasal Spray may cause problems with the way your immune system protects your body against infection.
- Use caution when taking Dymista if you have an existing infection (eg, fungal, bacterial, viral, or parasitic). When using Dymista Nasal Spray, avoid contact with people who have contagious diseases such as chicken pox or measles. Symptoms of infection may include fever, aches and pains, chills, or 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, or low blood pressure.
- Slowed or delayed growth in children. A child’s growth should be checked regularly when using Dymista Nasal Spray.

These are not all of the possible side effects of Dymista Nasal Spray. For more information, ask your healthcare provider or pharmacist.

**APPROVED USES OF DYMISTA®**

Dymista Nasal Spray 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. It helps reduce the symptoms of seasonal allergic rhinitis (inflammation of the lining of the nose), such as runny nose, stuffy nose, itching, and sneezing.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.


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**Contact for Media Only:**

Talisa White ([talisa@aafa.org](mailto:talisa@aafa.org))
External Affairs Manager, AAFA
202-466-7643 x237