



Nasal Symptoms Aren't Just Seasonal— Triggers Are Present Year-Round

(NAPSA)—The findings of a recent survey are nothing to sneeze at. Despite the fact that millions of Americans suffer from allergy-like symptoms year-round, most only treat their conditions during allergy “season.” That’s a mistake, say health care providers, because nasal symptoms may be caused by irritants such as smoke, strong odors, change of weather and indoor allergens such as house dust mites, mold and animal dander. These “triggers” may bother people no matter what time of year it is.

Year-round nasal symptoms may be caused by a condition known as perennial nonallergic rhinitis (PNAR). According to the *Journal of Managed Care Supplement*, an estimated 35 million patients suffer from this condition.

PNAR may be difficult to distinguish from nasal allergies, making it harder to diagnose and treat. Health care providers say the signs and symptoms of PNAR to watch for include:

- Onset and progression of nasal congestion, runny nose and postnasal drip without itching.
- Symptoms after irritant exposure.
- Year-round occurrences of symptoms.

An Allergy IQ survey found that most adults understand what can trigger their nasal symptoms (smoke, perfumes, pollution) but many do not seek treatment year-round for their PNAR.

In fact, according to the survey, only three in 10 knew that a nasal spray may effectively treat symptoms caused by strong odors. In addition, 55 percent did not know that a prescription nasal spray could treat symptoms caused by pollution and only 36 percent knew that it may effectively treat symptoms caused by weather changes.



The Nose Knows—Allergy triggers are present throughout the year, not just during allergy season.

FLONASE® (fluticasone propionate) Nasal Spray, 50 mcg, is the only leading prescription anti-inflammatory nasal spray proven to effectively treat the triggers of PNAR. For best results, FLONASE should be used daily. If side effects occur, they are generally mild and may include headache, nosebleed or sore throat.

“The high awareness of triggers, coupled with the low awareness of treatment options by nasal symptom sufferers, is surprising,” says Dr. Jennifer Derebery, an otolaryngologist at the House Ear Clinic in Los Angeles, CA. “People should see their health care providers regularly—especially when they may not be able to avoid triggers. Prescription medicines, like FLONASE, can help treat their PNAR.”

For more information about nasal symptoms and FLONASE, visit www.flonase.com.

Note to Editors: FLONASE® is indicated for the treatment of nasal allergy symptoms (congestion, sneezing and runny, itchy nose) associated with seasonal and perennial allergic rhinitis in patients ages 4 and older. FLONASE is the only leading aqueous intranasal corticosteroid indicated to treat perennial non-allergic rhinitis in patients as young as 4 years of age. It helps reduce nasal inflammation and relieve the nasal symptoms (congestion, runny nose and postnasal drip) associated with perennial non-allergic rhinitis. For best results, FLONASE should be used daily. Results may vary. If side effects occur, they are generally mild and may include headache, nosebleed or sore throat. FLONASE Nasal Spray is available by prescription only.