



Health Awareness

Severe Allergies? Better Have A Backup!

(NAPSA)—The incidence of severe allergies, especially to food, is increasing dramatically. In the United States alone, the number of children who are allergic to peanuts has more than doubled in the past five years. Severe allergies can cause anaphylaxis, a sudden, severe and potentially life-threatening reaction. It has a wide range of symptoms, including tightness in the chest, difficulty breathing and swallowing, itchy mouth and skin, nausea, hives, fainting and sometimes even death.

For those with severe allergies, doctors most commonly prescribe epinephrine, a lifesaving and fast-acting medication to be used at the onset of anaphylaxis. It is delivered by means of a self-administered, automated injection through the skin, and begins working immediately to reverse the allergic reaction.

People who have had anaphylaxis should always carry an epinephrine auto-injector. It is also important to know that some anaphylactic reactions can be so severe that a single dose of epinephrine is not always enough. One in three people who have an anaphylactic reaction will require a second dose of epinephrine sometimes within 10 minutes, long before they can get to an emergency room or doctor. Without treatment, anaphylaxis can be fatal.



Experts recommend having a backup dose of epinephrine on-hand at all times for people with severe allergies.

“Although some patients are good about keeping their epinephrine auto-injectors close by, many do not carry two doses. In fact, a recent study showed that only 16 percent of patients carry a second dose of epinephrine,” said Dr. Jaqueline Eghrari-Sabet, a pediatric allergist in Washington, D.C. “That’s like going skydiving without a backup parachute. My patients know that the second dose is like an insurance policy for their life. I like the Twinject® epinephrine auto-injector because it is the only epinephrine auto-injector that contains two doses and is much easier to carry. It comes in a hard case and has a clip to encourage people to have it with them at all times.”

In addition to carrying a backup dose of epinephrine, Dr. Eghrari

recommends the following safety tips for people with anaphylaxis:

- Have a circle of friends, family members and co-workers who can recognize the symptoms of anaphylaxis, such as gasping for air or facial swelling.
- Don’t hesitate to use an epinephrine auto-injector as soon as any symptoms of anaphylaxis occur. The sooner it’s used, the better off the patient will be.
- Don’t rely on an antihistamine to overcome the symptoms of anaphylaxis, since it can mask or delay the symptoms of a life-threatening reaction. Be prepared with two doses of epinephrine.
- When anaphylaxis occurs, immediately seek emergency care. Be sure to go straight to the emergency room after using an epinephrine auto-injector, even if the symptoms subside. Patients need further monitoring after every reaction in case of a delayed or secondary reaction.
- When the epinephrine auto-injector is used, be sure to get the prescription refilled right away, so you are prepared for the future. Patients are advised to have two doses of epinephrine like Twinject® with them at any time—at school, work, gym, restaurants and so on.

For more information about anaphylaxis, valuable tips and tools for those with severe allergies and to find an allergist near you, visit www.twinject.com.



Note to Editor: Important Safety Information: Twinject® auto-injector 0.3 and 0.15 mg (epinephrine injection, USP 1:1000) is indicated in the emergency treatment of severe allergic reactions or anaphylaxis. Twinject is designed as an emergency supportive therapy only and is not a replacement or substitute for immediate medical care.

Side effects of Twinject may include anxiety, apprehensiveness, restlessness, weakness, tremor, dizziness, headache, sweating, irregular heartbeat, nausea, vomiting and/or breathing difficulty. Twinject should be used with extreme caution in people who have heart disease. There are no absolute contraindications to the use of epinephrine in a life-threatening allergic reaction. Full product and safety information is available at www.twinject.com.