

COMING IN YOUR JANUARY UPDATE:

- Nasal Allergy Management Strategy: Coping with fumes and strong smells
- How to get the most from your treatment
- Quiz to test your nasal allergy IQ
- Tips on managing your medicines
- Advice on working with your health care team

CHANGE IS ALWAYS AN OPTION

Any time you try a new treatment, it means change. Change may not be easy for you. There may come a time when immunotherapy is an option you want to consider. The first step is to talk with your health care provider. Be sure to describe your symptoms and share how they have interfered with any work or leisure activities. Meanwhile, keep taking your RHINOCORT AQUA as prescribed. Your health care provider may also want to try other treatments that can complement RHINOCORT AQUA. Trying new things is challenging, but doing so may mean your nasal allergy symptoms interfere less with your usual activities.

Important Information about RHINOCORT AQUA:

RHINOCORT AQUA is for the treatment of seasonal and year-round nasal allergy symptoms in adults and children 6 years and older. For best results, use RHINOCORT AQUA daily. Overall, side effects can include nosebleed, nasal and throat irritation, and cough.

Please see full Prescribing Information.

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NOTE: Switch to Rhinose Network online to see your update sooner each month. Visit us at www.rhinosenetwork.com. Click the “Convert to Online Program” link. Then, just type in your PIN number (**\$\$PIN\$\$**) and your ZIP, and we’ll do the rest. **Easy as 1-2-3!**

Answer to quiz on page 1

False. Allergies are a very real medical condition. Stress can worsen symptoms, but nasal allergy is not caused by stress. Ignoring your allergies won’t make them go away. A combination of trigger avoidance and medicine is the best strategy for symptom relief.

REMEMBER...

- Take charge of your medicine routine. Only you can make sure you take your RHINOCORT AQUA every day as directed!
- If you don’t always take your medicine as directed, it will be harder to manage your nasal allergy symptoms.



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a personalized program for patients taking RHINOCORT AQUA™ (budesonide) Nasal Spray

IN THIS ISSUE:

- Nasal Allergy Management Strategy: Don’t let allergies interfere with your holidays
- What you need to know about allergy shots
- Facts about flu shots
- RHINOCORT AQUA FAQ
- Coping with year-round nasal allergies

HOW ARE YOU DOING? Vinaya’s Personal Update

We hope that your nasal allergy symptoms are still improving. To keep moving toward nasal allergy symptom control, you’ll need to:

- Keep following your personal allergy management plan.
- Use our tips for avoiding your triggers.
- Be sure you take your RHINOCORT AQUA every single day as your health care provider has prescribed.

Depending on how well you are able to avoid your allergy triggers, your symptoms **could** get worse again. But sticking with your plan and taking your medicine can help you control nasal allergy symptoms such as your runny nose. If this does not happen, talk with your health care provider. Perhaps you will also need to think about allergy shots. Some allergy sufferers find that allergy shots can help provide better relief from symptoms than medicine alone. Your provider can help you decide what is right for you.

PERSON TO PERSON: Keeping a Symptom Diary

Person to Person presents typical issues faced by people with nasal allergies. This is not an actual person.

I think of myself as a “take-charge” person. But when my allergy symptoms got worse, I felt like giving up. However, now I realize that I don’t have to let my allergies control me. I can take positive action—for instance, I started taking my medicine more regularly as directed by my health care provider and kept taking it. By managing my allergies, I have more energy for work and play.

TEST YOUR NASAL ALLERGY IQ

True or false:

Nasal allergies are psychosomatic—getting rid of them is as easy as “mind over matter.”

Answer on back page

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Tough on Nasal Allergies, Gentle on the Nose™



NASAL ALLERGY MANAGEMENT STRATEGY OF THE MONTH:

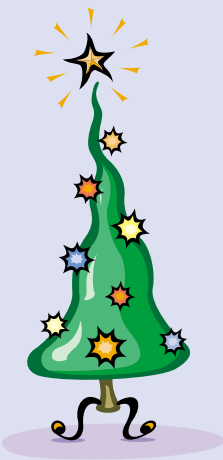
Keeping your allergies from interfering with holiday plans



FREQUENTLY ASKED QUESTION OF THE MONTH:

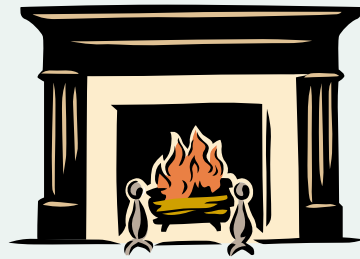
Is there anyone who should not take RHINOCORT AQUA?

RHINOCORT AQUA is contraindicated in any person who is sensitive to any of its ingredients. Consult the enclosed full Prescribing Information to learn more, and contact your health care provider if you have any questions about whether RHINOCORT AQUA is safe for you to use.



This is the holiday season. It started with Halloween and can go through the end of the year, depending on which holidays you celebrate. During the holidays, you may find that your nasal allergy symptoms get worse. Cornstalks and hay bales, dusty decorations from your attic, scented candles, wood-burning stoves and fireplaces, and live Christmas trees can all trigger nasal allergy symptoms if you are sensitive to them.

You can help keep your allergy symptoms under control during the holidays by taking preventive action. Follow the tips on this page to help make sure your allergies don't keep you from enjoying your usual family holiday traditions!



HOW TO AVOID HOLIDAY ALLERGENS

- You tend to spend more time indoors in the winter months, so you need to pay attention to your indoor air quality. Here are some preventive steps you can take to reduce your exposure to dust and mold.
- Think about wearing a dust mask that fits firmly over your nose and mouth when working with decorations that have been stored in the attic or basement.
- When you put your decorations away, make sure they're clean and dry. Then, place them in sealed plastic bags inside airtight, or at least clean, boxes.
- Clean and replace the filters in your furnace when they get dirty. Put cheesecloth over the heating vents to help catch dust. Replace frequently.

OTHER TIPS FOR THE HOLIDAYS

- DO** avoid scented candles and pine-scented sprays.
- DO** clean your house thoroughly before and after the holidays to get rid of allergens.
- DO** practice healthy lifestyle habits to keep feeling your best through this season.
- DO** make sure your fireplace or wood-burning stove is properly vented and maintained.
- DO** be careful when eating holiday meals and treats if you have food allergies.
- DON'T** use artificial trees with sprayed-on snow that may be an irritant.
- DON'T** recycle old, dusty wrapping paper that's been sitting in storage.

WHAT YOU NEED TO KNOW ABOUT ALLERGY SHOTS

Nasal steroids are a treatment option for most people with nasal allergies. Several types of medicines are available to either relieve allergy symptoms or help prevent them from occurring. A health care provider may suggest immunotherapy, also known as allergy shots, when allergies exist and:

- you have severe nasal allergy symptoms because of exposure to a specific trigger that is hard for you to avoid.
- you have allergy symptoms during a large part of each year.
- your symptoms are getting worse, or remain severe, even with medicine.
- you have another illness, such as well-controlled asthma.

Allergy shots are like vaccinations. An allergist injects small amounts of serum made from your allergens (triggers) just beneath your skin one to two times per week to begin with. The amount of allergen in the serum is increased over time as you become less sensitive. This can help you build up immunity—or resistance—to the allergen over time. Keep in mind that allergy shots may not be right for you. They require many trips to the allergist's office over several years. And they may not work for everyone.

STAY HEALTHY THIS SEASON

Flu season will soon be here. The flu is a viral respiratory infection. Although it can cause nasal symptoms much like your allergy symptoms, the flu also commonly includes headache, fever, body aches, dry cough, and sore throat. The flu virus is spread through the air and is easy to catch when an infected person coughs or sneezes. Although having nasal allergies does not make you more susceptible to the flu, the combination of flu and allergy symptoms can be difficult to manage.

The best way not to get the flu is to practice prevention. Wash your hands frequently. Stay away from infected persons. Help yourself stay healthy by eating well and exercising. And talk to your health care provider about getting a yearly flu shot if:

- You are age 50 or older.
- You have diabetes or a chronic disease of your heart, lungs, or kidneys.
- Your immune system does not work well.
- You have severe anemia.

NOTE: RHINOCORT AQUA is not for the prevention or treatment of flu symptoms. If you think you have the flu or are experiencing flu-like symptoms, call your health care provider.

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