

COMING IN YOUR OCTOBER UPDATE:

- Allergen of the Month: Holiday triggers
- Is immunotherapy a treatment option for you?
- Regional pollen count information
- What you need to know about taking medicine for nasal allergies
- Advice on taking control of your allergies from people like you who have seasonal nasal allergies

COPING WITH RAGWEED ALLERGY

Do your sneezing and stuffy nose get you down this time of year? You can't change the fact that you have nasal allergies. But you **can** change how you react to them. In fact, you are the **only** one who can make sure your symptoms don't interfere with things like being active. Follow your personal allergy management plan closely. Take your RHINOCORT AQUA each day as prescribed. Try to avoid your allergy triggers. Talk with your health care provider about how you're doing. **You have the power, so take action!**

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 accompanying 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!**

REMEMBER...

- Work *with* your health care provider to get your nasal allergy treatment right. Let him or her help you decide how and when to take your medicine.
- Discuss any concerns you have about your medicine with your health care provider.

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8/02

RHINOCORT Nasal Spray
AQUA (budesonide)
32 mcg

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Sandy Smith
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Anytown, Anystate 12435



RHINOCORTE NETWORK

a personalized program for patients taking RHINOCORT AQUA Nasal Spray

IN THIS ISSUE:

Allergen of the Month: Ragweed

Is moving the answer to nasal allergies?

How to use RHINOCORT AQUA

RHINOCORT AQUA FAQ

Coping with seasonal allergies

HOW ARE YOU DOING? *Sandy's Personal Update*

With the arrival of the fall season comes a new nasal allergy trigger—ragweed. You may not think you are allergic to ragweed. But if you find your stuffy nose getting worse in the fall, ragweed could be the culprit. Ragweed pollen is a common seasonal allergy trigger.

When you're having symptoms, you need to take your RHINOCORT AQUA regularly and be sure to avoid your triggers as much as you can. Last month, we talked about how skin testing can help you pinpoint your triggers when you're not sure what is causing your symptoms. If you're not finding complete relief, think about talking with your health care provider about testing.

Getting your nasal allergy symptoms under control can help you feel more like being active!

PERSON TO PERSON: Taking Control

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 nasal allergy symptoms hit me each fall, I just gave up. Finally, I saw I didn't have to let my nasal allergies control me. I could take positive action—for instance, I started taking my medicine earlier and kept taking it until winter set in. By managing my nasal allergies, my symptoms have improved, and I feel more like participating in the things I want to do.

SEPTEMBER POLLEN COUNTS

Ragweed, pollen, and mold counts are high this time of year in most areas. Check the pollen count for **your** area by going to www.weather.com and clicking on the Pollen Reports link (<http://www.weather.com/activities/health/allergies/?from=homeverticallinker/?par=rhinosenetwork&site=www.rhinosenetwork.com&promo=0>). Type in your state and click on Go!

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ALLERGEN OF THE

WHAT IS IT?

**Ragweed—
a common plant
found throughout
the United States
in cities, suburbs,
and rural areas**

*Ragweed is the
most common
cause of fall
allergies.*

Ragweed is the most common cause of seasonal nasal allergies in the fall. One reason for this may be that ragweed grows almost everywhere, especially in open areas.

Ragweed is a plant with branching leaves. Each plant can produce up to 1 billion grains of pollen in a season, and it takes only a few grains to trigger allergy symptoms! There are at least 21 types of ragweed in the United States, but two main species cause most people's symptoms:

- Short, or common, ragweed
- Giant ragweed

Ragweed grows well in places where other plants can't. In most areas of the country, ragweed season extends from August through October. Ragweed, like tree and grass pollen, is spread by the wind.

WHAT TO DO IF YOU ARE EXPOSED TO RAGWEED

Unless you go into hibernation, chances are you **will** be exposed to ragweed at some point during the fall. How you react can make the difference in how you feel.

- **Take your RHINOCORT AQUA exactly as prescribed.** Don't take more to try to lessen your symptoms. If you're not getting relief, talk with your health care provider.
- **Shower and change into clean clothes after being outdoors.**
- **Monitor weather conditions and pollen counts.** This can help you plan the best time to be outdoors.
- **Talk frankly with your health care provider.** Open communication can help you get the right treatment so you can feel healthier.

HOW TO AVOID RAGWEED POLLEN

The best way to keep your symptoms under control is to avoid being exposed to ragweed pollen as much as you can. These tips may help:

- Stay inside on hot, dry, windy days. If you must go out, do so after 10 AM, when pollen counts are lower.
- Keep your windows at home closed at night. If you have one, run your air conditioner to clean, cool, and dry your air.
- Dry linens and clothing in a clothes dryer. Pollen can collect on things hung outside to dry.
- If you plan a vacation this time of year, think about going to the beach where pollen counts are usually lower.



MONTH: RAGWEED

IS MOVING THE ANSWER?

Many people believe that a change in environment or climate will offer nasal allergy relief. People with seasonal allergies to pollen *may* find some short-term relief by moving to a new place, with different plants. But in the long run, plants native to the new area may cause the same nasal allergy symptoms. The best way to cope with your allergies is through effective treatment and by following your management plan, not by trying to escape.

No place is allergy-free. But if you must move, plan ahead so that the change does not have a negative impact on your allergies.

- **Find out when your airborne allergens are at their peak in the new area.** Then plan your lifestyle around those times as much as you can.
- **Ask your current health care provider for a referral to an allergist in the new area.** Make an appointment to meet the new provider as soon after your move as you can. Work with him or her to update your personal allergy management plan as needed for that area.

A little planning can help you manage your nasal allergies with success!

MANAGING YOUR MEDICINE

For RHINOCORT AQUA to work, you need to know how to use it correctly. Follow these steps:

1. For the first dose, prime the bottle, following the directions that came with your medicine.
2. Once it's primed, gently blow your nose.
3. Remove the cap and shake the bottle gently.
4. Insert the spray tip into one nostril, pressing the other nostril closed with your finger.
5. Inhale gently as you spray quickly and firmly.
6. Lean your head backward for a few seconds.
7. Wipe the applicator with a dry tissue.
8. Avoid blowing your nose for 15 minutes.
9. If you have a cold or the flu, rinse the applicator in warm water every 3 to 5 days.

For detailed instructions, go to the RHINOCORT AQUA web site: <http://www.rhinocortqua.com/c/about/how.asp>.

FREQUENTLY ASKED QUESTION OF THE MONTH:

How long does RHINOCORT AQUA take to work?

Your nasal symptoms may begin to improve within 10 hours after first using RHINOCORT AQUA. However, keep taking your medicine every day, as directed by your health care provider. Your nasal symptoms will continue to improve over the first few days. Maximum relief may take about 2 weeks to achieve.

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