

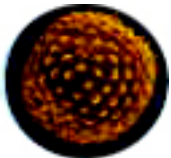
ALLERGIC RHINITIS

If you have allergies, your body overreacts to the presence of foreign substances, or “allergy triggers.” Allergic rhinitis is a common allergic reaction that is an inflammation in the lining of the nose. The most common allergic rhinitis symptoms are similar to those of common cold:



Stuffy Nose; Sneezing; Itchy Nose; Itchy, watery eyes; Runny nose

Allergy triggers vary from person to person. They include seasonal allergies such as pollen and year-round allergies such as dust mites, animal dander, and mold spores.



Pollen -- released from trees, grasses and weeds



Animal Dander -- skin scales that furry animals shed



Dust Mites -- invisible, eight-legged creatures that live in dust



Mold Spores -- released from molds that form in damp, humid places

ALLERGIC RHINITIS

Nonallergic rhinitis is an inflammation in the lining of the nose that is not caused by an allergic reaction. The symptoms are similar to those of the allergic rhinitis and include stuffiness, runny nose, and post-nasal drip.



Common causes of the non-allergic rhinitis include:

**--Temperature changes --Cold air --Air pollutants --Strong odors
--Infections**

AVOIDING ALLERGY TRIGGERS

Pollen: Keep your doors and windows closed. Use an air conditioner. Stay indoors when pollen levels are high.

Mold Spores: Use a dehumidifier in damp rooms. Keep plants out of your bedroom.

Dust Mites: Use allergy-proof covers on your box spring, mattress, and pillows. Remove as many "dust collectors" from your bedroom as possible.

Animal Dander: Keep pets out of your bedroom and out of the house when possible.

TREATING RHINITIS

FLONASE® (fluticasone propionate) Nasal Spray, 50 mcg, is an anti-inflammatory medication that relieves the nasal symptoms of allergic and non-allergic rhinitis. **FLONASE** is not indicated for the treatment of eye symptoms of rhinitis or rhinitis associated with infection. Always take your medication as directed. **FLONASE** should be used every day because its effectiveness depends on regular use.

