



# HEALTH AWARENESS

## Stuffy Nose? It May Not Be Allergies

(NAPSA)—Are you one of the 35 million Americans who suffer from perennial non-allergic rhinitis (PNAR)? If you don't know what PNAR is, you're not alone. Unfortunately, lack of knowledge of the condition may mean you're not receiving appropriate therapy for your nasal symptoms.

According to a recent survey presented at the 2004 American Academy of Allergy, Asthma and Immunology annual meeting, most people with rhinitis do not know what PNAR is—and cannot state

whether they suffer from it—unless given examples of the environmental factors that trigger it.

PNAR is a form

of rhinitis—inflammation of the mucous membranes of the nose—that can be triggered by a reaction to non-allergic irritants in the environment and causes nasal symptoms that can feel like allergies. The variety of environmental factors that can cause PNAR nasal symptoms include, but are not limited to, cigarette smoke, strong odors and pollution.

This condition may be difficult to distinguish from seasonal allergic rhinitis (or “hay fever,” caused by outdoor allergens like pollens) and perennial allergic rhinitis (caused by year-round indoor allergens like dust and pet dander). Adding to the confusion is that many people have both PNAR and allergic rhinitis.

“Millions of Americans suffer year round from nasal symptoms of rhinitis and think they have allergies. However, PNAR is not an allergic problem and many medications used to treat nasal allergies,

including some antihistamines, are not indicated for the treatment of PNAR,” said Dr. Robert Nathan, clinical professor of medicine, University of Colorado Health Science Center, and a PNAR expert. “In order to better discuss their condition with their health care provider and receive effective treatment, it is important that patients understand the differences between PNAR and nasal allergies.”

The signs and symptoms of PNAR to watch for include:

- Onset and progression of nasal congestion, runny nose and post-nasal drip without itching,
- Symptoms after exposure to environmental factors,
- Year-round occurrence of symptoms.

In addition to understanding PNAR, Dr. Nathan says that patients need to be informed about available treatment options. “With so many allergens and irritants in the environment, it is not surprising that people have a hard time determining what is causing their nasal symptoms,” he added. “Only Flonase® (fluticasone propionate) Nasal Spray is approved to treat the nasal symptoms of indoor and outdoor allergies as well as year-round non-allergic nasal symptoms that can feel like allergies.”

Dr. Nathan says people who are experiencing nasal symptoms, even if they are unsure of the cause, should talk to their health care professional about the most appropriate treatment.

**About Flonase® (fluticasone propionate) Nasal Spray, 50mcg**

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. Please consult full prescribing information available at [www.Flonase.com](http://www.Flonase.com).

The study was sponsored by GlaxoSmithKline.



**Don't let the pollen fool you, it may not be allergies.**