



## GUIDELINE-BASED SCREENING TIPS FOR THE UPCOMING ALLERGY SEASON



**ASSESS YOUR ALLERGY PATIENTS AND  
TREAT WITH AN ALL-IN-ONE OPTION, FIRST**



With allergy season fast approaching, many patients may not know ALL of the available options for managing bothersome allergy symptoms.

You can help make a first-line OTC recommendation that effectively targets the root cause of their allergy symptoms, and give them the freedom to get on with their life.

**DID YOU KNOW UP TO 25% OF CANADIANS HAVE ALLERGIC RHINITIS (AR)  
AND THAT THIS NUMBER IS GROWING?<sup>1, 2</sup>**

**AR CAN AFFECT THEIR QUALITY OF LIFE IN MANY WAYS,  
INCLUDING SLEEP AND DAILY ACTIVITIES.<sup>3</sup>**

**ARIA GUIDELINES RECOMMEND SCREENING FOR THE FOLLOWING MAJOR ALLERGY SYMPTOMS:<sup>4</sup>**



**SNEEZING**



**ITCHY NOSE  
AND THROAT**



**ITCHY AND  
WATERY EYES**



**RUNNY NOSE**



**SINUS PAIN  
AND PRESSURE**



**NASAL  
CONGESTION**

### **ARIA GUIDELINES RECOMMEND AN EVALUATION OF ALLERGY SYMPTOMS<sup>4</sup>**

The patient may have AR if they have the following symptoms:<sup>4</sup>

1. Watery, runny nose + 1 or more of the above symptoms (lasting for at least 1 hour on most days is likely AR)
2. Watery, runny nose or nasal obstruction alone (is possibly AR)

### **FLONASE ALLERGY RELIEF IS YOUR ALL-IN-ONE TREATMENT FOR ALLERGIES<sup>5</sup>**

Fluticasone propionate, an intranasal steroid (INS), TRUSTED by healthcare professionals for over 20 years<sup>6</sup>, works directly in the nose to reduce inflammation, the root cause of nasal allergy symptoms.<sup>5</sup>

FLONASE Allergy Relief has a well-established safety profile and is indicated for treatment of the major nasal symptoms, including ocular symptoms, sinus pain and pressure for seasonal and perennial AR.<sup>5</sup>

Learn more about FLONASE Allergy Relief and how it can help your customers improve allergy symptoms now, and all season. Visit [FLONASEPROFESSIONAL.CA](http://FLONASEPROFESSIONAL.CA)

## PRODUCT INFORMATION<sup>7</sup>

### **Indication and clinical use:**

FLONASE Allergy Relief (fluticasone propionate aqueous nasal spray) is indicated for the treatment of major symptoms associated with seasonal allergic rhinitis including hay fever, and perennial rhinitis; and the management of sinus pain and pressure symptoms associated with allergic rhinitis.

### **Contraindications:**

FLONASE Allergy Relief (fluticasone propionate aqueous nasal spray) is contraindicated in patients who are hypersensitive to fluticasone propionate, or to any ingredient in the formulation or component of the container, and patients with untreated fungal, bacterial or tuberculosis infections of the respiratory tract.

FLONASE Allergy Relief is not recommended for children and adolescents younger than 18 years of age.

### **Warnings and precautions:**

**Ear/Nose/Throat:** Epistaxis, nasal ulceration, Candida infection, nasal septal perforation, impaired wound healing.

**Endocrine and Metabolism:** Hypercorticism and adrenal suppression, effects on growth, hypothyroidism

**Hematologic:** Acetylsalicylic acid should be used cautiously in conjunction with corticosteroids in hypothermia

**Hepatic/Biliary/Pancreatic:** Drug interaction study of intranasal fluticasone propionate in healthy subjects has shown that ritonavir (a highly potent cytochrome P450 3A4) can greatly increase fluticasone propionate plasma concentrations, resulting in markedly reduced serum cortisol concentrations. Clinically significant drug interactions reported in patients receiving intranasal or inhaled fluticasone propionate and ritonavir, resulting in systemic corticosteroid effects including Cushing's syndrome and adrenal suppression. Concomitant use of fluticasone propionate and ritonavir should be avoided unless the potential benefit to the patient outweighs the risk of systemic corticosteroid side effects.

**Cirrhosis:** There is an enhanced effect of corticosteroids in patients with cirrhosis

**Immune:** Hypersensitivity reactions including anaphylaxis, immunosuppression, use with caution in patients who have had recent nasal surgery or trauma

**Ophthalmologic:** Nasal and inhaled corticosteroids may result in the development of glaucoma and/or cataracts. Close monitoring is warranted in patients with a change in vision or with a history of increased intraocular pressure, glaucoma, and/or cataracts.

**Psychological and Behavioural:** Rare: psychological and behavioural effects including psychomotor hyperactivity, sleep disorders, anxiety, depression or aggression have been reported.

**Respiratory:** Careful attention must be given to patients with asthma or other clinical conditions in whom a rapid decrease in systemic steroids may cause a severe exacerbation of their symptoms

**Pregnant and Nursing Women:** The safety of fluticasone propionate in pregnant and nursing women has not been established. If used in pregnancy, the expected benefit should be weighed against the potential hazard to the fetus, particularly during the first trimester of pregnancy. Fluticasone propionate is teratogenic to rodent species. Adverse effects typical of potent corticosteroids are only seen at high systemic exposure levels; direct intranasal application ensures minimal systemic exposure. The relevance of these findings to humans has not yet been established. Infants born of mothers who have received substantial doses of glucocorticosteroids during pregnancy should be carefully observed for hypoadrenalism. It is not known whether fluticasone propionate is excreted in human milk. It is unlikely that the drug would be detected in milk. The use of fluticasone propionate in nursing mothers requires that the possible benefits of the drug to outweigh against the potential hazards to the infant.

**Geriatrics (>65 years of age):** A limited number of patients 65 years of age and older have been treated with FLONASE Allergy Relief in clinical trials. The adverse events reported in this population were similar to those reported in younger patients.

Please consult the product monograph or call **1-866-994-7444** for information relating to adverse reactions, drug interactions and dosing information.

## REFERENCES

1. Keith P, et al., The burden of allergic rhinitis (AR) in Canada: perspectives of physicians and patients. Allergy Asthma Clin Immunol, 2012. 8(1): p. 7.
2. Pawankar R, Canonica GW, Holgate ST, Lockey RF, eds., WAO White Book on Allergy. 2011, World Allergy Organization: Milwaukee, WI.
3. Allergy Asthma Information Association of Canada, Allergic Rhinitis.
4. Global Primary Care Education: ARIA Guidelines pocket guide, Management of allergic rhinitis and its impact on asthma: pocket guide. Based on the 2007 ARIA Workshop Report and the IPAG Handbook, in collaboration with WHO, GA2LEN, AllerGen, and Wonca. p. 1-8.
5. GSK Consumer Healthcare Inc., Fluticasone Propionate Aqueous Nasal Spray 0.05% w/w Claim Support Summary. 2016.
6. GSK data on file. GSK Consumer Healthcare announces Flonase Allergy Relief for over-the-counter relief in Canada. Press Release.
7. GlaxoSmithKline. Consumer Healthcare., Flonase Allergy Relief Product Monograph. 2016, GSK Consumer Healthcare Inc.

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