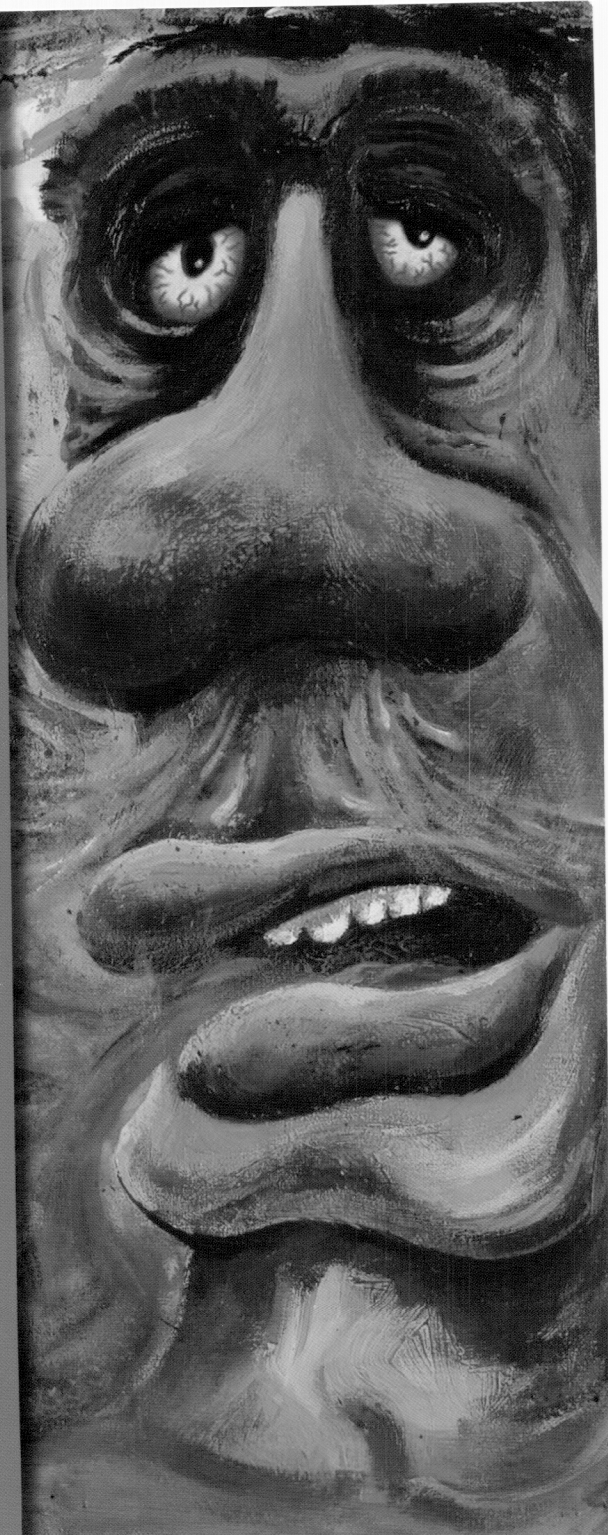


Take
Control
of your
Allergies





What is allergy?

Allergy is an over-reaction to foreign substances called "allergens". A person with allergies develops symptoms when exposed to certain allergens, while the same allergens have no effect on other people. Most allergies can be annoying but some can be very serious.

The tendency to develop an allergy is genetically linked. If you have one parent who has an allergy, you have one chance in three of developing the same allergy. If both of your parents have allergies, your chance of developing them is increased.

What percentage of Canadians suffers from allergies?

The incidence of allergy has increased in Canada. About 30 percent of the Canadian population experiences different types of allergies at some time in their lives. At present, more than one in six Canadians experience seasonal allergies. More women than men suffer from seasonal allergies (allergies that happen only at certain times of the year).

What is allergic rhinitis?

Allergic rhinitis (hay fever) is a common allergic reaction that causes swelling of the nasal passages. Allergic rhinitis may be seasonal or perennial (occurs throughout the year).



What are the signs and symptoms of allergic rhinitis?

The general symptoms of allergic rhinitis are:

- Congestion, runny nose
- Itching in the nose, eyes, throat
- Watery eyes (conjunctivitis)
- Frequent or repetitive sneezing

Persistent allergic rhinitis can affect sufferers' day-to-day lives, causing:

- Difficulty sleeping
- Inability to participate in outdoor activities (barbeques, soccer, walking the dog...)
- Irritability
- Difficulty concentrating

What causes seasonal allergies?

Seasonal allergic rhinitis occurs when airborne pollen lands on the mucus membranes of the eye and nose. People with allergies react to the pollen, which causes the symptoms of allergies. There is usually less pollen at the beginning of the season; thus, the symptoms start gradually and worsen as the season progresses and pollen counts increase.

Pollen counts are usually highest on dry windy days when pollen is airborne. Pollen counts also tend to be the highest in the early evening. So if you have allergies, it is best to be outdoors in the morning when the pollen counts are at the lowest.



Airborne pollen that can cause seasonal allergies in Canada:

Ragweed:
Symptoms start in the second week in August and last until first frost

Grasses: Symptoms start mid May and last until late July

Tree Pollen:
Symptoms start early March and last until June

Mold:

Ragweed is the most common cause of allergic rhinitis in Canada, affecting about 75% of allergy sufferers. One plant can release one million pollen grains a day and pollen can travel over 500 kms. Ragweed is widespread in Ontario and Quebec. It can also be found in the Maritimes, southern Alberta, Saskatchewan and Kelowna, British Columbia.

There are a number of different grasses to which a person can be allergic. Grass pollen counts are highest in mid-afternoon.

Small pollen grains from a number of trees usually produce allergy symptoms.

Spores are present in the atmosphere during the warmer time of the year. Mold allergy is far less common than pollen allergy.



Allergy Season by Region

	Atlantic Provinces	Quebec	Ontario	Prairies	British Columbia	All Provinces
January						
February					●	
March		●	●	●	●	
April	●	●	●	●	●	
May	●	●●	●●	●●	●●	
June	●	●●	●●	●	●	
July	●	●	●	●●	●	
August	●●	●●	●●	●●	●	
September	●●	●●	●	●	●	
October	●				●	
November						
December						

Mold
spores

Animal
dander

House dust
mite

Cockroach

● Tree Pollen

● Grass

● Ragweed



How are seasonal allergies diagnosed?

Your physician will take a history to determine whether allergies are triggering rhinitis.

They will ask questions about:

- Family / personal history of allergy
- Symptoms or exposure to allergens
- Pattern of symptoms (when the symptoms start and finish / severity of symptoms)

There are a number of tests a physician can perform to confirm what you are allergic to.

The two most common allergy tests are:

- Skin Prick Test: A skin prick containing a tiny bit of an allergen is made, usually on your forearm or back. If you are allergic to the allergen tested, a raised red itchy area will appear in the area that was pricked after 15-20 minutes. This reaction indicates what you are allergic to. The redness should disappear within a few hours. The skin prick test can be done for a number of allergens at the same time.
- RAST Test: A small sample of blood is taken and tested for a few or dozens of different allergens.



What are the treatment options for seasonal allergies?

● Avoidance

- Avoidance
- Symptomatic medications (like antihistamines, nasal corticosteroids, etc.)
- Allergy shots

Avoid what you are allergic to.

Avoid pollens and mold spores causing allergic reaction.

- In general, the more you avoid what you are allergic to, the fewer symptoms you will have

Ways to avoid pollen and molds:

- Keep your windows closed to prevent pollen and mold spores from entering the house
- Use air-conditioning in the summer with the external vent turned off so the pollen from outside the house does not come into the house
- Avoid going outside at peak pollen times



Symptom Medications

Antihistamines

Treat the symptoms of allergic rhinitis.

- Provide relief for:
 - Runny nose
 - Itchy, watery eyes
 - Sneezing
- Are not effective if you have a blocked nose
- Usually start working in one to two hours
 - Some antihistamines can make you drowsy or sleepy. Look for “non-drowsy” on the label.

Decongestants

- Give short-term relief from nasal congestion. Start to work more quickly than antihistamines.
- Are not to be used continuously for more than 5 days. Long-term use may result in worsening of symptoms.
- Are available from pharmacies/stores without a prescription as nasal sprays, tablets and syrups for short-term use
- Nasal sprays are good for a few days, after which symptoms can worsen
- Decongestants should not be used if you have high blood pressure, an irregular heart rate, or a seizure disorder



Nasal steroids

Allergy Shots

- Good relief of runny or stuffy nose and sneezing
- Take a few days to start working
- Do not treat itchy, watery eyes
- Available only by prescription
- Nose bleed can occur in certain people
- Known as “desensitization” injections or immunotherapy
- Two types of allergy shots:
 - Pre-seasonal shots given prior to allergy season (4 injections or 9 injections)
 - Perennial shots given continuously throughout the year (12 or more injections)
- Allergy shots lessen the sensitivity to a specific allergen
- Some patients will still require some symptom medication during allergy season
- Allergy shots are used:
 - If you cannot or do not want to take an antihistamine or a nasal steroid during allergy season
 - If the antihistamine or nasal steroid does not work well at relieving your symptoms or causes unwanted side effects
- With allergy shots there is a possibility of having an allergic reaction. Allergic reactions can occur but are rare. The most common reactions are local reactions at the site of the needle but, very rarely, a more severe generalized reaction could occur.



What is Pollinex-R®?

How does Pollinex-R® affect my allergy symptoms during ragweed season?

What is the course of treatment?

Your doctor may recommend Pollinex-R® to treat your allergies.

Pollinex-R® is a pre-seasonal ragweed allergy treatment, consisting of four shots given before ragweed season begins.

Pollinex-R® provides symptom relief during ragweed season. Some patients will have complete relief from their symptoms while others may need to take some symptom medications. Clinical studies have shown the use of symptom medication is reduced by half in patients who receive a course of Pollinex-R®.

Pollinex-R® alleviates all of the symptoms of allergic rhinitis:

- Congestion, runny nose
- Itching in the nose, eyes, throat
- Frequent or repetitive sneezing

Pollinex-R® will protect you for the entire ragweed season.

Pollinex-R® is the shortest course of pre-seasonal shots available for ragweed. Pollinex-R® consists of four injections usually given one week apart before ragweed season begins. (Other pre-seasonal shots consist of 9 injections given every week). Pollinex-R® makes it easy and convenient for you to take control of your ragweed allergy.



Is Pollinex-R® safe?

Pollinex-R® provides you with a safe and effective treatment for your allergy symptoms.

Pollinex-R® is the only Health Canada approved pre-seasonal immunotherapy for the treatment of ragweed allergies.

The most common side effect reported is redness, swelling and itchiness at the site of the injection. Body reactions are extremely rare.

Do you have to go to an allergist for shots?

No, you do not have to go to an allergist for shots. Your family doctor can administer the injections. It is strongly advised that Pollinex-R® be taken under the care of a physician who has the appropriate facility to treat an allergic reaction.

Can Pollinex-R® be given to children?

Pollinex-R® is recommended for children eight years of age and above.

Can Pollinex-R® be given to a woman during pregnancy?

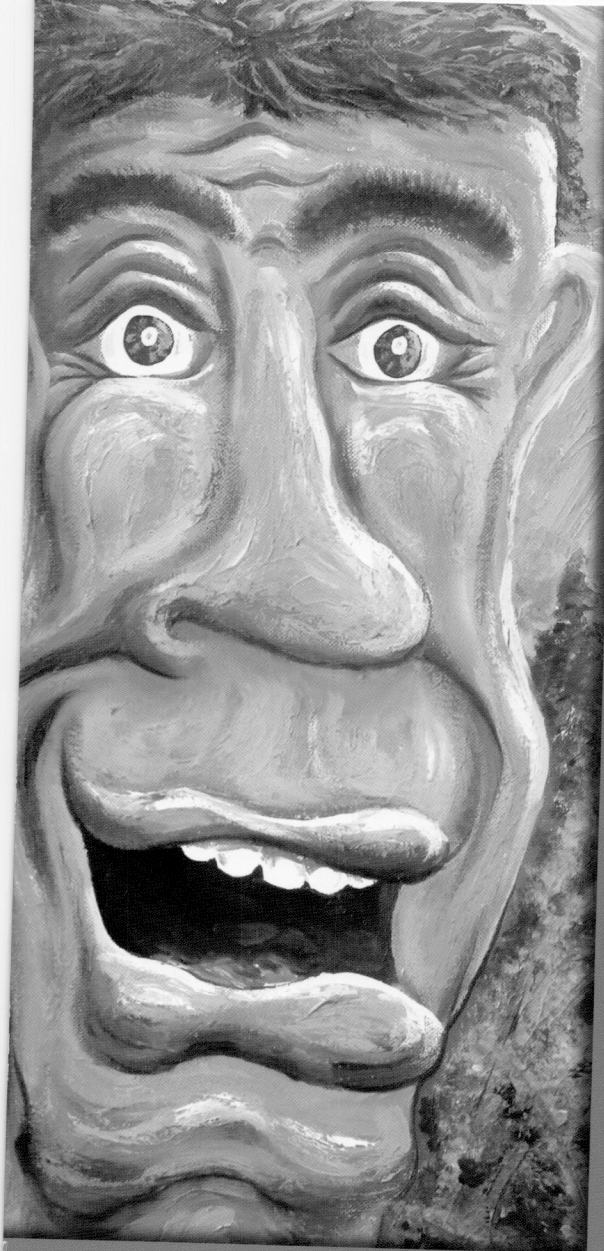
Pollinex-R® should not be administered during pregnancy.

Is Pollinex-R® covered by my health plan or by the government?

Pollinex-R® is covered by most private health plans. You need to check with your insurance provider or a pharmacy (if you have a drug card).

The Ontario government covers Pollinex-R® under the Ontario Drug Benefit Plan as a Section 8 for biologics.

POLLINEX®-R
modified ragweed tyrosine adsorbate – pre-seasonal allergy vaccine
TREATING THE CAUSE, NOT JUST THE SYMPTOMS



Take control
of ragweed
before
ragweed takes
control of
your summer.

POLLINEX®-R

Four shots
prior to
ragweed
season will
allow you
to enjoy your
summer.

For more information on Pollinex-R® visit
our web site at www.pollinex.ca, or contact us at:

AllerPharma

Toll Free: 1.866.404.2332 Toronto area: 416.622.5789 Fax number: 416.622.0893

AllerPharma
Enhancing Quality of Life

POLLINEX®-R
modified ragweed tyrosine adsorbate - pre-seasonal allergy vaccine
TREATING THE CAUSE, NOT JUST THE SYMPTOMS