

A few allergy tips can go a long way this allergy season



DYMISTA[®]
(azelastine hydrochloride and fluticasone propionate) Nasal Spray
137 mcg/50 mcg per Spray
BY PRESCRIPTION ONLY

That's why Dymista has put together this timely collection. Only Dymista offers fast relief* *and* inflammation control—with every dose.

*Based on clinical study results, patients 12 and older may experience relief of nasal allergy symptoms within 30 minutes.



Avoid outdoor activity when pollen counts are highest.



They love you not: Avoid daisies, sunflowers, jasmine, and smaller flowers with little color—they're pollen machines.



Wash pillowcases regularly with hot water to remove pollen—you'll have sweeter dreams.



Showers don't always mean flowers! After heavy rains, pollen counts are lower.



Tiptoe through the tulips—they're less likely to cause misery. So are begonias, azaleas, dahlias, gladiolas, crocuses, and roses.



When pollen is lurking, keep your doors and windows tightly shut.



Pollen often takes a siesta in the afternoon. Why not enjoy a fiesta of outdoor fun then?



Get a breath of fresh air: Clean air filters in your home frequently.



Better to find other ways to save energy! Drying your freshly washed clothes in a household dryer is the best way to rid them of pollen.



Avoid grasses like Timothy, Johnson, Bermuda, Orchard, Sweet Vernal, and Kentucky bluegrass—they are the greatest pollen offenders.



Wash that pollen right out of your hair after you have been outdoors, especially if the pollen count is high that day.



Give pollen the white-glove treatment by cleaning bookshelves, vents, windowsills, and other areas where the little monsters can settle.

Tried the tips and still suffering?

Check off the symptoms that are still making you miserable and discuss them with your doctor.

Sneezing Runny nose Itchy nose Stuffy nose

Approved Uses

DYMISTA is a prescription medicine used to treat symptoms of seasonal allergic rhinitis in people 6 years of age and older, who need treatment with both azelastine hydrochloride and fluticasone propionate. DYMISTA may help to reduce your nasal symptoms including stuffy nose, runny nose, itching, and sneezing.

Important Safety Information

- DYMISTA can cause sleepiness or drowsiness. Do not drive, operate machinery, or do anything that needs you to be alert until you know how DYMISTA affects you.

Please see additional Important Safety Information on next page.



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Important Safety Information continued

- Do not drink alcohol or take any other medicines that may cause you to feel sleepy while using DYMISTA. It can increase your chances of having serious side effects.
- DYMISTA can cause sleepiness or drowsiness. Do not drive, operate machinery, or do anything that needs you to be alert until you know how DYMISTA affects you.
- Do not drink alcohol or take any other medicines that may cause you to feel sleepy while using DYMISTA. It can increase your chances of having serious side effects.

DYMISTA may cause serious side effects including:

- **Sleepiness or drowsiness**
- **Nasal Problems.** Symptoms of nasal problems may include: crusting in the nose, nosebleeds, runny nose, hole in the cartilage between your nose (nasal septal perforation). A whistling sound when you breathe may be a symptom of nasal septal perforation.
- **Slow wound healing.** You should not use DYMISTA until your nose has healed if you have a sore in your nose, if you have had surgery on your nose, or if your nose has been injured.
- **Thrush (Candida), a fungal infection in your nose and throat.** Tell your healthcare provider if you have any redness or white colored patches in your nose or mouth.
- **Eye problems, such as glaucoma or cataracts.** Some people may have eye problems, including glaucoma and cataracts. You should have regular eye exams when using DYMISTA.
- **Immune system problems that may increase your risk of infections.** DYMISTA may cause problems with the way your immune system protects your body against infection and increase your risk of infection. Avoid contact with people who have contagious diseases such as chickenpox or measles while you use DYMISTA. Symptoms of infection may include: fever, aches or pains, chills, feeling tired.

- **Adrenal Insufficiency.** Adrenal insufficiency is a condition in which the adrenal glands do not make enough steroid hormones. Symptoms of adrenal insufficiency may include: tiredness, weakness, nausea, vomiting, low blood pressure.
- **Slowed or delayed growth in children.** A child's growth should be checked regularly while using DYMISTA.

Call your healthcare provider or get medical help right away if you have symptoms of any of the serious side effects listed above.

- The most common side effects of DYMISTA include: changes in taste, nosebleeds, and headache.
- Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all of the possible side effects of DYMISTA. For more information, ask your healthcare provider or pharmacist.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. DYMISTA and other medicines may affect each other, causing side effects.

Especially tell your healthcare provider if you take:

- ritonavir (Norvir) or medicines that contain ritonavir (commonly used to treat HIV infection or AIDS)
- ketoconazole, fluconazole, or itraconazole (for fungal infections)
- Before using DYMISTA tell your healthcare provider if you are pregnant or plan to become pregnant. It is not known if DYMISTA will harm your unborn baby.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088

References: 1. Dymista [package insert]. Somerset, NJ: Meda Pharmaceuticals Inc; 2015. 2. Hampel FC, Ratner PH, Van Bavel J, et al. Double-blind, placebo-controlled study of azelastine and fluticasone in a single nasal spray delivery device. *Ann Allergy Asthma Immunol.* 2010;105(2):168-173.

Please see additional Important Safety Information on previous page.



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