

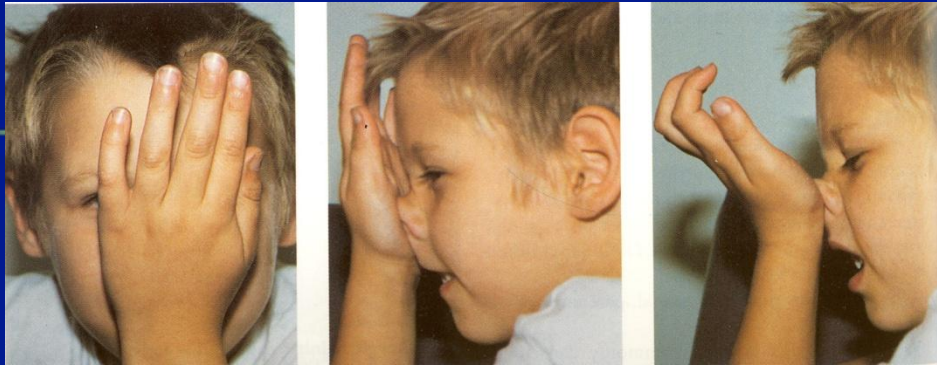
The Voice of the Patients: Allergic Rhinitis is not a Trivial Disease



Valovirta E, Palkonen S, Myrseth E,
Current Opinion in Allergy and Clinical Immunology
2008, 8: 1-9

EFA, European Federation of Allergy and Airways Diseases
Patients Associations

www.efanet.org



How do our patients
feel, perceive and try to deal
with their allergic disease



The Patient Voice Survey: Methodology

Objective:

- explore the impact of allergic rhinitis on the lives of sufferers across Europe

Methods:

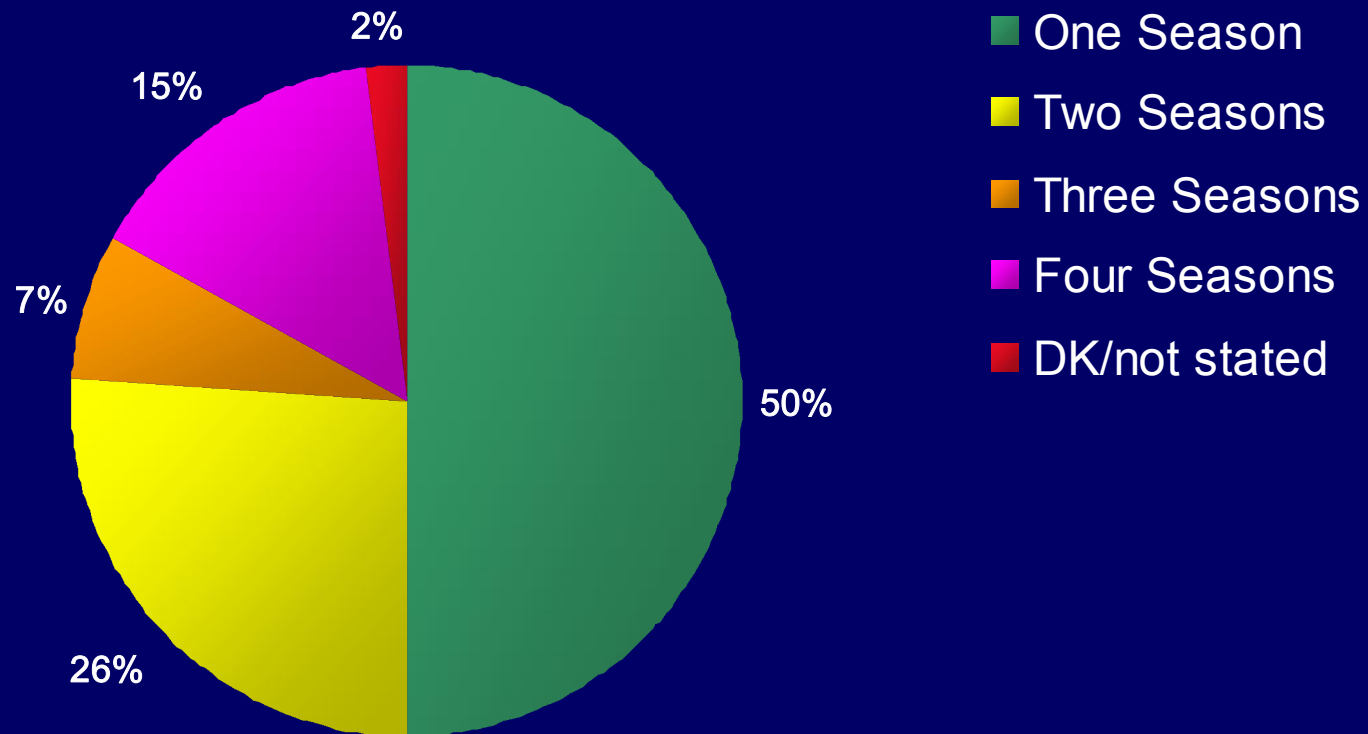
- Quantitative self-completion survey among patients who are members of allergy patient organisations
- 11 countries: Belgium, Czech Republic, Finland, France, Germany, Greece, Italy, The Netherlands, Spain, Switzerland, UK
- Total respondents: n=3562
- Age 16-70 yrs

Funding:

- Unrestricted educational grant from UCB Pharma

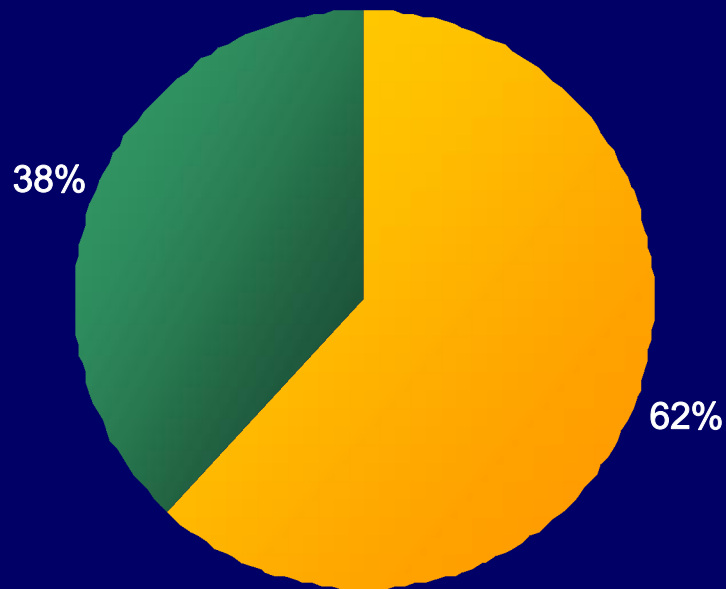
Every second patients suffers at least 6 months per year

At what time of the year do patients suffer (EU total)?



Nearly two thirds suffer from persistent allergic rhinitis

Do patients suffer from persistent or intermittent rhinitis (EU total)?



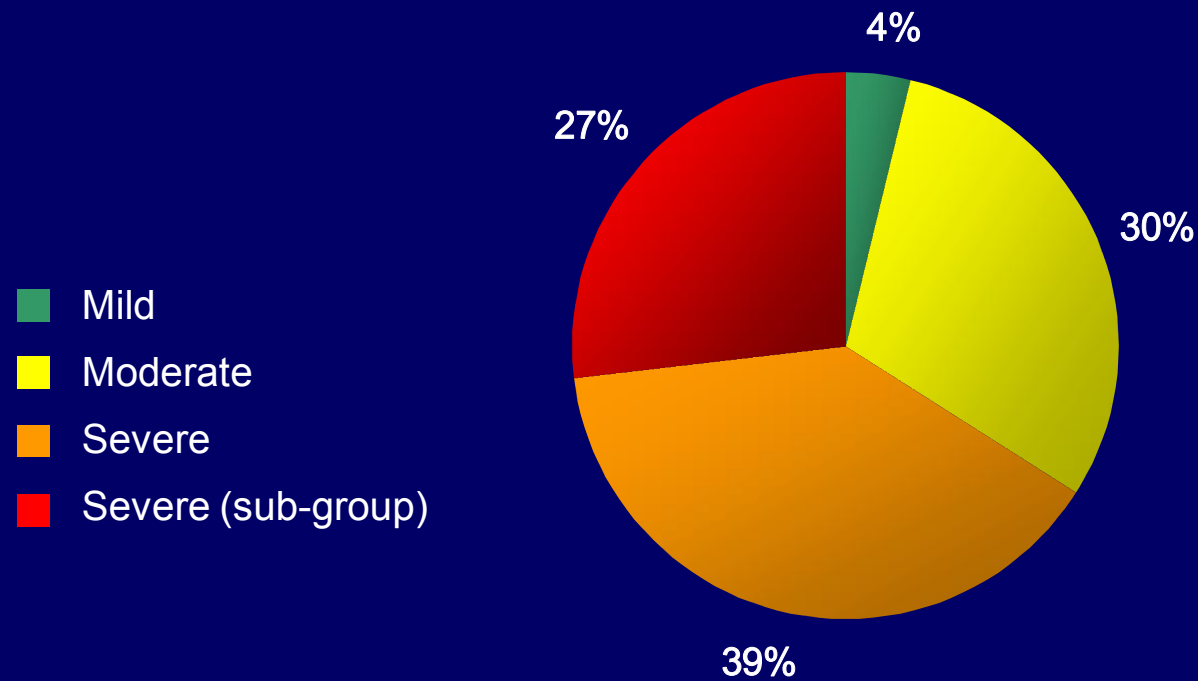
■ Persistent ■ Intermittent

Intermittent AR =
Experiencing symptoms
for less than 4 days
per week and/or for
Less than 4
consecutive weeks

Persistent AR =
Experiencing symptoms
for at least 4 days per
week for at least 4
consecutive weeks

Two thirds suffer from moderate or severe symptoms

What is the severity of AR symptoms (EU total)?



Definitions:

Mild: rating 0 or 1 for all symptoms

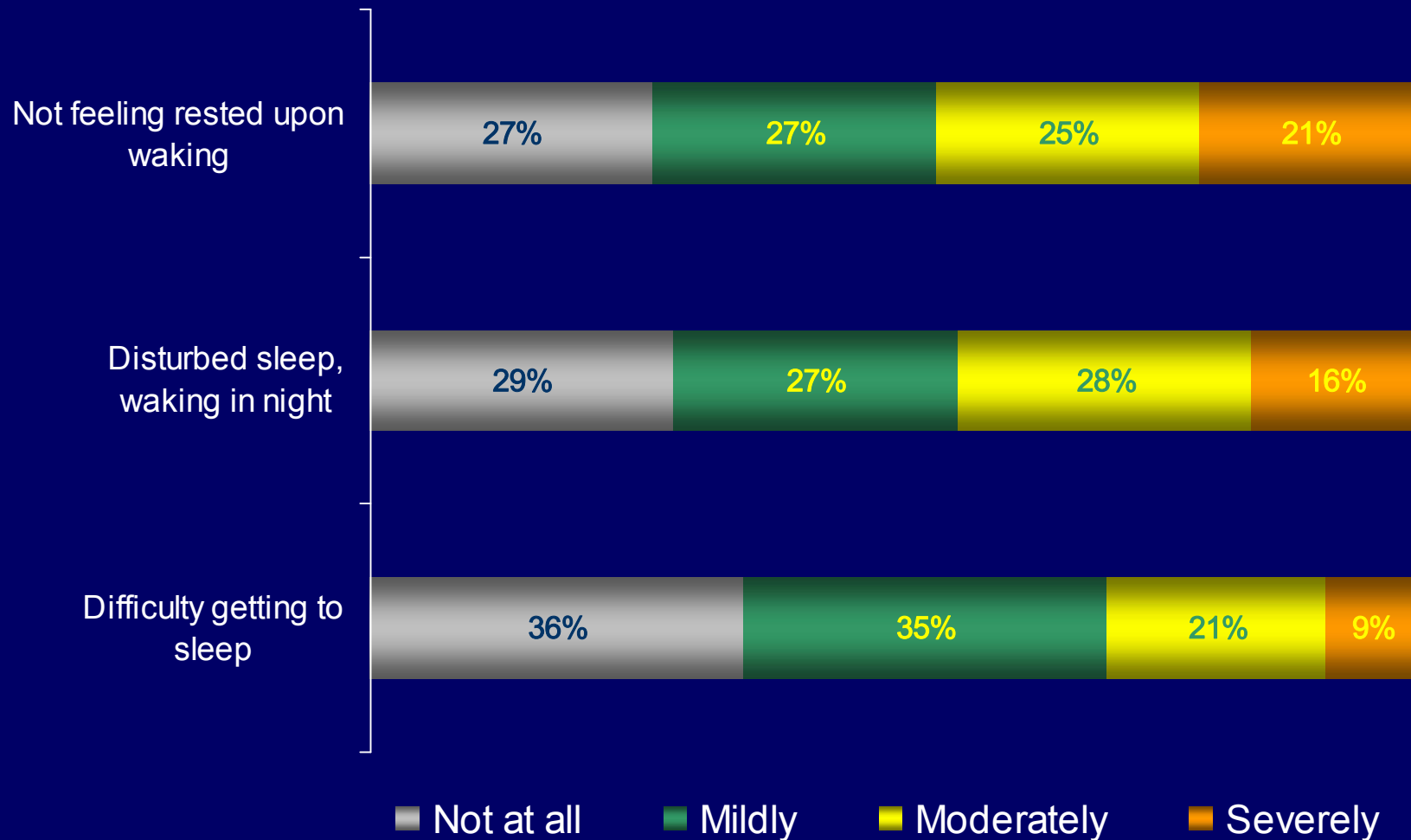
Moderate: rating ≤ 2 for all symptoms

Severe: rating 3 for 1-2 symptoms

Severe (sub-group): rating 3 for at least 3 symptoms

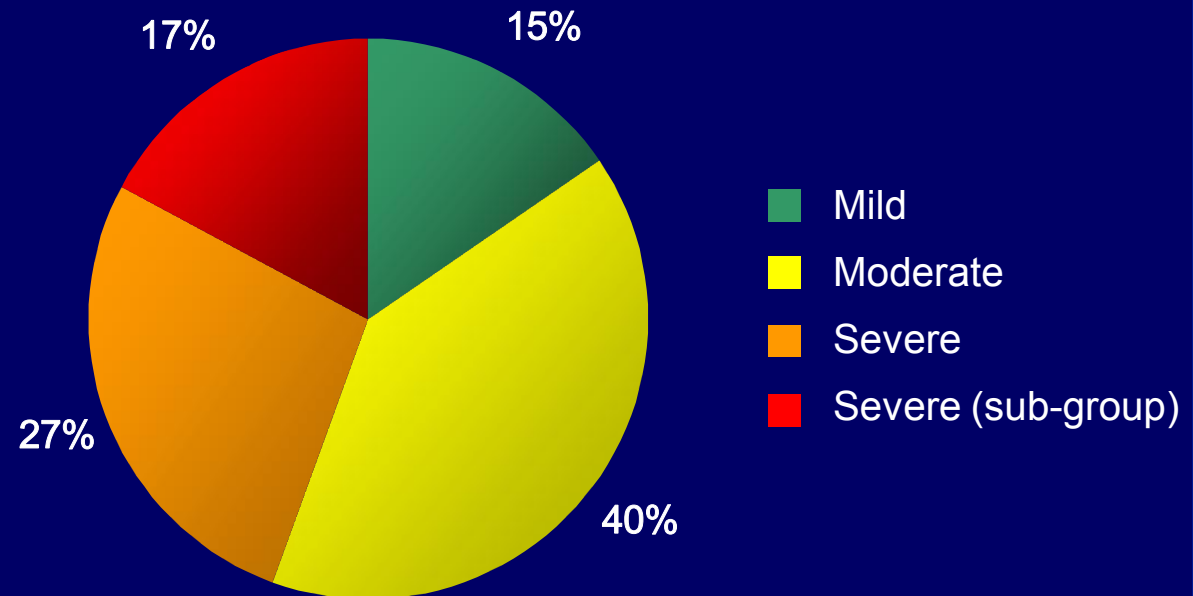
Patients suffer from sleep impairment

What is the severity of specific sleep symptoms (EU total)?



Most patients' daily activities are moderately-severely affected

What is the impact of AR on daily activities (EU total)?



Definitions:

Mild: rating 0 or 1 for all activities

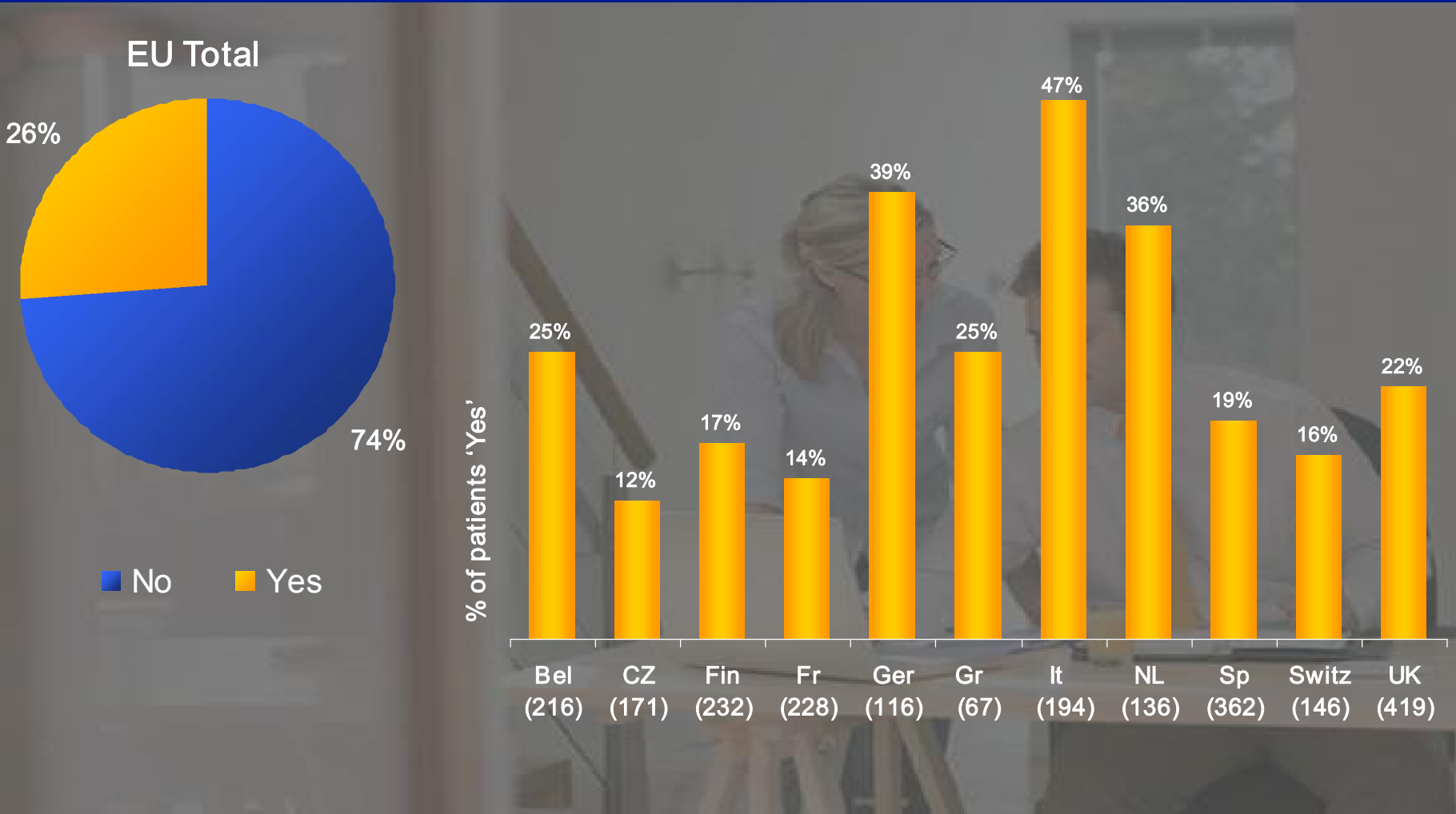
Moderate: rating ≤ 2 for all activities

Severe: rating 3 for 1-2 activities

Severe (sub-group): rating 3 for at least 3 activities

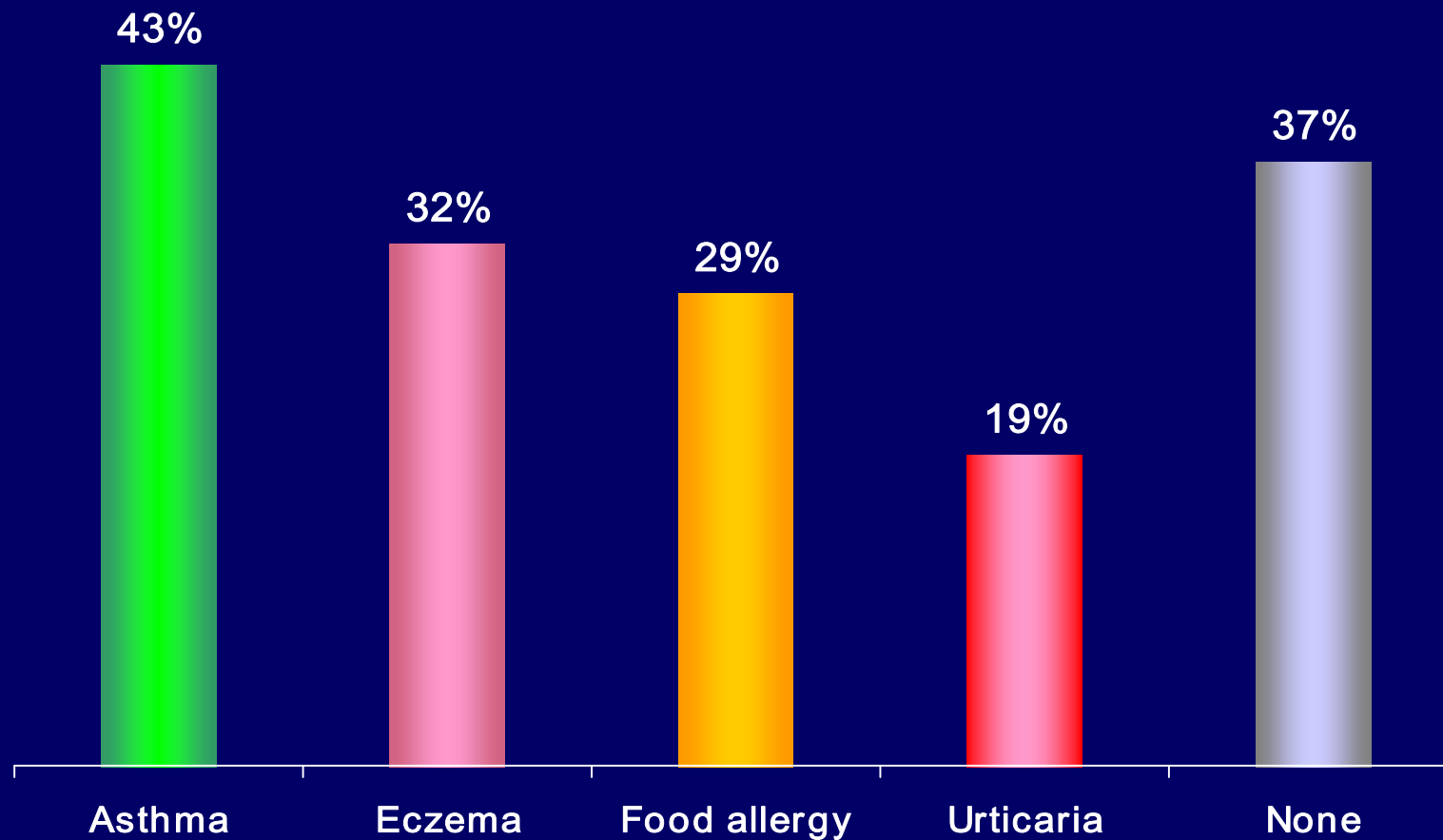
Every fourth working patients took time off work due to AR

Time off work due to AR symptoms?



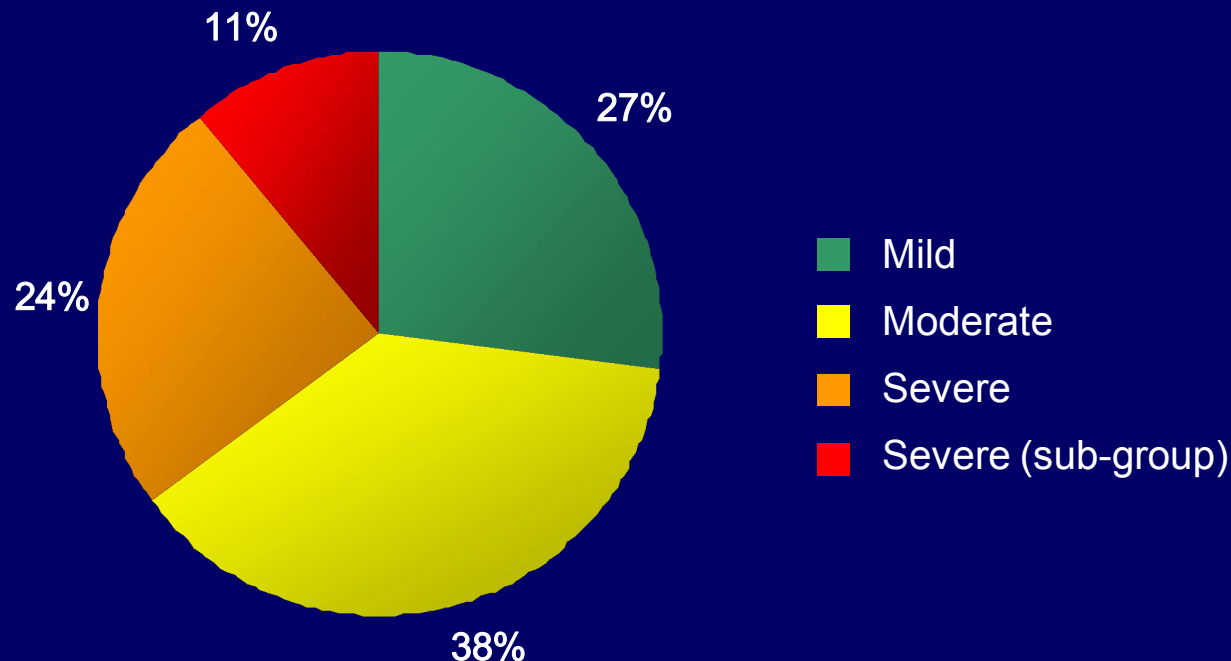
Nearly two thirds of AR patients suffer from allergic comorbidities

What concomitant allergic conditions are known (EU total)?



AR has a severe emotional impact on over a third of patients

What is the emotional impact of AR (EU total)?



Definitions:

Mild: rating 0 or 1 for all parameters

Moderate: rating ≤ 2 for all parameters

Severe: rating 3 for 1-2 parameters

Severe (sub-group): rating 3 for at least 3 parameters

SUMMARY

The Patient Voice

- Asthma and allergic rhinitis patients have decreased quality of life
- Patients accept their condition, and simply "live with it"
- Patients need individual information, education and training
- Good patient-doctor relationship is crucial in effective allergy treatment, **PATIENT-DOCTOR PARTNERSHIP**
- **Governments must abolish preventable triggers in public places, day-care centres, schools, workplaces and in the society at-large**



Results of the Patient Voice Allergy Survey

World Allergy Congress
Munich

Tuesday 28th June 2005
10.30 AM - room 22A

Supported by an unrestricted educational grant from UCB.

- Collaboration between EFA 11 national patient groups
- Launched at the World Allergy Congress in Munich on 28 June 2005 in a press conference
- 30 journalists from European medical and consumer press.
- Press release/call to action entitled: *Allergic Rhinitis Patients Speak Out*
- From patients to patients
- Role of patient organisations: communicate strong & credible patient perspective