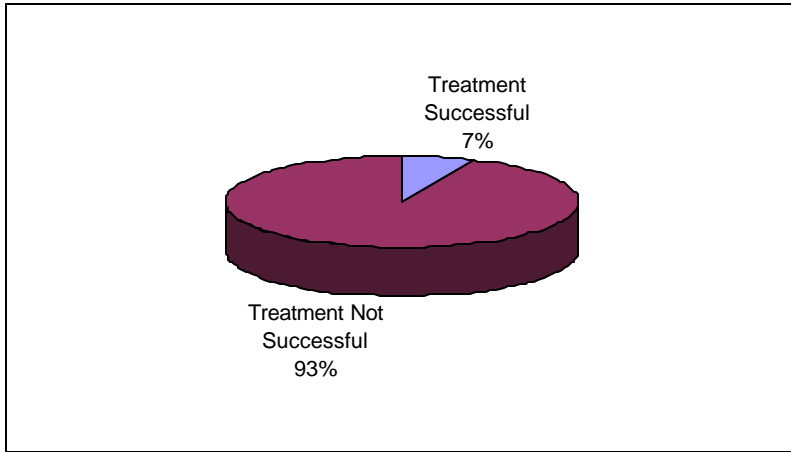




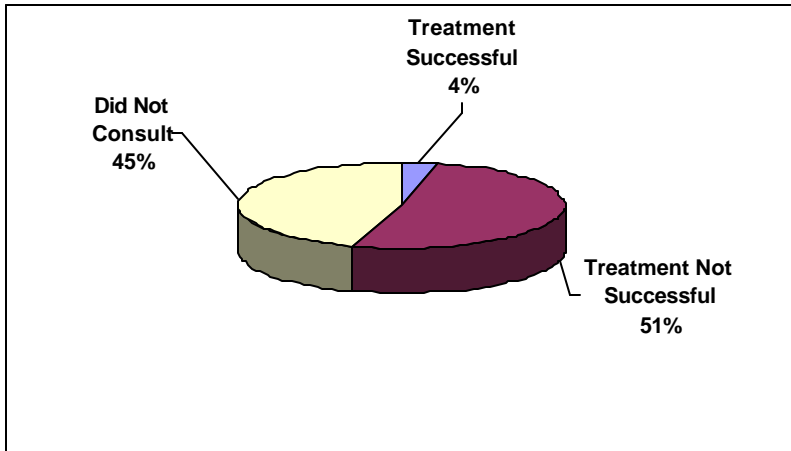
**Patient Survey As Of:
January 21, 2004**

Total number of respondents:	1,059	(100%)
Number that consulted a physician	581	(54.8%)
Number that failed	543	(93.5%)
Number that succeeded	38	(6.5%)
Number that did not consult a doctor	478	(45.1%)

For those who consulted their physician:



All respondents:





How our survey was conducted:

Visitors to our web site www.nasalspray.com were asked to participate in a brief, anonymous survey about their dependence on decongestant nasal sprays.

The objective of the survey is collect data on whether or not a patient sought treatment for rhinitis medicamentosa. For those who did consult their physician, data was collected on the treatment prescribed and whether or not it was successful in helping them end their addictions. Data was also collected on how long the addiction had persisted and what the original reason for starting was.

The questions asked:

1. How long have you been addicted (years, months)?
2. What was your reason for starting?
3. Did you consult a physician for help?
4. What was the treatment prescribed?
5. Did the treatment succeed in ending your addiction?

Group 1 - Consulted With Physician - Treatment Was Not Successful (Number = 543) Failure Rate 93.5%					
Length Of Addiction Years	Months	Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
10		Common Cold	Yes	I am nursing my 15 month old, doctor will put me on this kind of medication when I stop nursing the baby.	No
	6	I CAN NOT REMEMBER !	Yes	5 different types of nasal/allergy sprays, steroids, quit cold turkey, breathe right strips, and 2 prescriptions of antihistamines that put me in a coma!	No
8		Common Cold	Yes	7 days prednizone, guafinisen and clariton for about 30 days.	No
25		I CAN NOT REMEMBER !	Yes	A nasal spray for allergies. I can't remember what it was called. This was more than 10 years ago.	No
10	5	I CAN NOT REMEMBER !	Yes	a nasal steroid	No
3		Common Cold	Yes	a pill that said i was supposed to quit cold turkey	No
27		Other / Unspecified	Yes	A prescription decongestant that didn't help.	No
10		Allergies	Yes	A shot of Decatron, Flonas, nasonex, you name it...sudafed	No
5	3	Common Cold	Yes	a steroid and to quit using the afrin spray, didn't work	No
10	2	Allergies	Yes	A steroid based nasal spray	No
10		Allergies	Yes	a steroid pf some type	No
26		Common Cold	Yes	about 20 years ago, a doctor prescribed a decongestant... which didn't work.	No
15		Allergies	Yes	Abrupt discontinuation of product and use of a steroid spray (beclomethasone)	No
3		Common Cold	Yes	Advised that I start using saline solution	No
15		I CAN NOT REMEMBER !	Yes	Aldecin spray, didnt work	No
3		Common Cold	Yes	ALKALOL NASAL DOUCHE	No
3		I CAN NOT REMEMBER !	Yes	Allegra	No
1		Allergies	Yes	allegra	No
10		I CAN NOT REMEMBER !	Yes	allegra	No
1		Allergies	Yes	allegra	No
2		Allergies	Yes	Allegra Claritin	No
15		I CAN NOT REMEMBER !	Yes	allegra and another type of nasal spray	No
2	6	Common Cold	Yes	allegra and flounase	No
10	1	Other / Unspecified	Yes	allegra d	No
1	3	Pregnancy	Yes	allegra, allegra-d, flonaze	No
1		Allergies	Yes	allegra,zertec,claratin	No
2		Allergies	Yes	allergie testing	No
4		Common Cold	Yes	allergies	No
3	2	Allergies	Yes	allergy pills	No
9	0	Deviated Septum	Yes	allergy shots	No
21		Allergies	Yes	allergy shots	No
28		Deviated Septum	Yes	Allergy type remedies	No
5		I CAN NOT REMEMBER !	Yes	allery spray - something like flonaze,	No
10		I CAN NOT REMEMBER !	Yes	Amitex	No
40		I CAN NOT REMEMBER !	Yes	an operation on the turbinate	No
1	0	Common Cold	Yes	anti histamine	No
10		Common Cold	Yes	antibiotics	No
1	3	Common Cold	Yes	antibiotics (amoxycillin) 7 day course	No
21	0	I CAN NOT REMEMBER !	Yes	antihistamines, decongestants, quit cold turkey	No
3		I CAN NOT REMEMBER !	Yes	Antibiotcis, but I kept on using nasal sprays	No
15	0	Allergies	Yes	astelin	No
15	0	Allergies	Yes	astelin	No
4		I CAN NOT REMEMBER !	Yes	Basic Steroids, always said it was just allergy related	No
8		Allergies	Yes	becanase	No
4		Allergies	Yes	becanase AQ	No
2	0	Allergies	Yes	becanase	No
12		Common Cold	Yes	becanase	No
20		Allergies	Yes	becanase	No
1	9	Common Cold	Yes	Beconase (useless!)	No
6		Common Cold	Yes	Beconase nasal spray for 6 mnths then flixonase nasal spray for 6 yrs	No
32		Allergies	Yes	becanase, nasalchrom	No
17	6	Common Cold	Yes	Beconase, NasalCort, Guaifed, Claritin, other steroid based pills	No
20	0	Other / Unspecified	Yes	Beconase, vancenase. cold turkey	No
17		Common Cold	Yes	Bromfed and a cortesone shot.	No
7	8	I CAN NOT REMEMBER !	Yes	calratin	No
2	2	Common Cold	Yes	cant remember; could affrd it then but can now.	No
21		Allergies	Yes	Celestamine; Bethonase; etc	No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
30		Allergies	Yes	Change from Drixoral to Flonase.	No
4	5	Allergies	Yes	claiton	No
20		I CAN NOT REMEMBER !	Yes	claritin	No
15		Other / Unspecified	Yes	Claritan	No
13		Common Cold	Yes	claritin	No
1	2	Allergies	Yes	Claritin - didn't help	No
15	5	I CAN NOT REMEMBER !	Yes	claritin redi tabs	No
6		Allergies	Yes	Claritin, allegra,psudoefedrine, guaifen, or stop cold turkey	No
5		Injury To Nasal / Facial Area	Yes	Clariton-D	No
3	2	Common Cold	Yes	Clartin and RHINOCORT AQUA 32mcg	No
15		Common Cold	Yes	cold turkey	No
15		Common Cold	Yes	cold turkey	No
5	0	I CAN NOT REMEMBER !	Yes	Cold Turkey	No
27	0	Other / Unspecified	Yes	cold turkey	No
9	10	Pregnancy	Yes	cold turkey	No
3		Pregnancy	Yes	cold turkey	No
10		Common Cold	Yes	Cold turkey	No
10		Common Cold	Yes	Cold turkey	No
12		Common Cold	Yes	Cold Turkey	No
15		Common Cold	Yes	Cold turkey	No
15		I CAN NOT REMEMBER !	Yes	Cold Turkey	No
22		Allergies	Yes	cold turkey	No
25	0	Common Cold	Yes	cold turkey	No
27		Allergies	Yes	Cold turkey	No
20		I CAN NOT REMEMBER !	Yes	Cold turkey	No
20		I CAN NOT REMEMBER !	Yes	cold turkey and steroids	No
3		Common Cold	Yes	cold turkey and sudafed	No
23		Common Cold	Yes	cold turkey and then possible sinus surgery	No
6		Pregnancy	Yes	Cold turkey method, salain solutions, etc.	No
5		Common Cold	Yes	Cold turkey or gave me cortisone	No
15	0	Allergies	Yes	cold turkey!!	No
25	0	Allergies	Yes	Cold Turkey, slow decrease.	No
15		Common Cold	Yes	cold turkey, steroids	No
5		Common Cold	Yes	cold turkey, use a little less each day to wean myself off of it.	No
38		Common Cold	Yes	cold turkey	No
10		Allergies	Yes	collagen shot--did not help	No
25		Common Cold	Yes	cordisone	No
15		Common Cold	Yes	corticosteroid	No
5	10	Common Cold	Yes	Corticosteroidal nasal sprays	No
35		Common Cold	Yes	cortisone based sprays	No
8		Allergies	Yes	Cortisone shot, followed by Prednisone	No
6		Pregnancy	Yes	cortisone sprays	No
7	2	Pregnancy	Yes	Cortisone tablets. Even though they helped, I was still stuffy due to allergies, and began using the nasal spray again.	No
10		Other / Unspecified	Yes	cortisteroid sprays,allergy nasal sprays	No
20		Common Cold	Yes	decongestant pills, and was told to go cold turkey, they did not understand	No
28		I CAN NOT REMEMBER !	Yes	deviated septum	No
20		Common Cold	Yes	Didn't tell physician of addiction...just congestion. Gave prescription of nose sprays.	No
10		Other / Unspecified	Yes	Different meds. None seemed to work. I always went back to nasal spray.	No
10		Allergies	Yes	discontinuation of decongestant spray, and use of beclomethasone spray	No
10		Common Cold	Yes	do not remember what was prescribed, got some sort of shot, and given medicine to take, but dr. would not give permission to keep refilling my medicine for me, told him my problem was chronic. was off the spray for a few months, but needed the pills to keep me off, but could not get them refilled after a few months. so got hooked again. so treatment was/was not successful	No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
				doctor said my nasal membranes would stay swollen without it so he wasn't going to tell me to quit but try to ween myself off of it if i could (I HAVE SUFFERED FOR YEARS I SLEEP WITH IT UNDER MY PILLOW AND I HAVE IT ALL THROUGH MY HOUSE MY MOM'S HOUSE AND MY GRANDMOTHER'S TO INSURE WHEREEVER I'M AT I WILL ALWAYS HAVE IT ON HAND)	No
15		Other / Unspecified	Yes		No
13		Common Cold	Yes	Don't remember	No
12	3	Pregnancy	Yes	don't remember what it was called	No
10		Allergies	Yes	don't use them anymore.	No
19		Other / Unspecified	Yes	Entex LA and reduced use of nasal spray	No
7		Allergies	Yes	every steroid spray on the market, predisone	No
16+		Common Cold	Yes	EVERYTHING FROM QUITTING COLD TURKEY, TO PILLS & STEROID INHALERS ... ALL OF WHICH DID NOTHING BUT MAKE ME MORE FRUSTRATED AT MY ADDICTION AND MY DOCTORS.	No
10		I CAN NOT REMEMBER !	Yes	Everything from surgery (which I had) to steroid sprays - nothing has worked.	No
10	0	Allergies	Yes	Everything under the sun!! Steroid nasal sprays, antibiotics, antihistamines, they even injected steroids into my sinuses at one point..OUCH!!	No
5		Allergies	Yes	everything under the sun, including 2 surgeries	No
15		Allergies	Yes	Everything!! Cortizone, Turbinate surgery etc..	No
15		Common Cold	Yes	Everything, 2 surgeries and just had another cortizone injection this morning that isn't working.	No
13		I CAN NOT REMEMBER !	Yes	everything. steroids, nasal inhalors.	No
20		I CAN NOT REMEMBER !	Yes	flo nase	No
1	2	Pregnancy	Yes	Flonase	No
1	2	Pregnancy	Yes	Flonase	No
4		Common Cold	Yes	Flonase	No
5		I CAN NOT REMEMBER !	Yes	Flonase	No
10		Allergies	Yes	Flonase	No
10	0	Common Cold	Yes	Flonase	No
12		I CAN NOT REMEMBER !	Yes	flonase	No
12		Common Cold	Yes	Flonase	No
15		Common Cold	Yes	flonase	No
16		I CAN NOT REMEMBER !	Yes	Flonase	No
27	10	Common Cold	Yes	flonase	No
1	6	Common Cold	Yes	Flonase	No
15		Allergies	Yes	flonase	No
18		I CAN NOT REMEMBER !	Yes	Flonase	No
20		I CAN NOT REMEMBER !	Yes	Flonase	No
6	5	Common Cold	Yes	flonase	No
2		Pregnancy	Yes	Flonase	No
15	0	I CAN NOT REMEMBER !	Yes	Flonase	No
15	2	Allergies	Yes	Flonase	No
3	3	Other / Unspecified	Yes	flonase	No
4	3	Other / Unspecified	Yes	flonase	No
1	6	Deviated Septum	Yes	Flonase	No
3	6	Allergies	Yes	Flonase	No
15	7	Allergies	Yes	flonase	No
1		Deviated Septum	Yes	Flonase	No
2		Common Cold	Yes	flonase	No
3		Common Cold	Yes	flonase	No
7		Allergies	Yes	Flonase	No
10		Common Cold	Yes	Flonase	No
10		Common Cold	Yes	Flonase	No
15		Common Cold	Yes	Flonase	No
20		Common Cold	Yes	flonase	No
20		I CAN NOT REMEMBER !	Yes	Flonase	No
1		Allergies	Yes	Flonase	No
15		Allergies	Yes	Flonase	No
	2	Pregnancy	Yes	flonase	No
5		Common Cold	Yes	Flonase	No
3	2	Common Cold	Yes	FloNase	No
2	0	Allergies	Yes	flonase	No
6		Allergies	Yes	flonase	No
	4	Pregnancy	Yes	flonase	No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
7		Deviated Septum	Yes	Flonase---	No
16		I CAN NOT REMEMBER !	Yes	flonase	No
1	2	Other / Unspecified	Yes	flonase & allegra D	No
6		Other / Unspecified	Yes	flonase and a lite steroid	No
2	6	Allergies	Yes	flonase and allergy medicine	No
26		I CAN NOT REMEMBER !	Yes	Flonase and Amitex-PSE	No
	10	Common Cold	Yes	Flonase and Astelin	No
10		Common Cold	Yes	Flonase and oral steroid	No
1	5	Other / Unspecified	Yes	flonase and shet that didnt work	No
2	6	Common Cold	Yes	flonase and steroids	No
10	10	I CAN NOT REMEMBER !	Yes	flonase nasonex	No
8		Common Cold	Yes	Flonase on several different occassions	No
20		Common Cold	Yes	flonase,	No
18		I CAN NOT REMEMBER !	Yes	Flonase, Allegra-D, Methylprednisls DSPK 4mg	No
2		Other / Unspecified	Yes	flonase, antibiotic, prednisone, a prescription nasal spray antihistimine, claritin	No
11		Common Cold	Yes	Flonase, Claritin, Allegra	No
11		I CAN NOT REMEMBER !	Yes	flonase, claritin, allegra, zurtec	No
11		I CAN NOT REMEMBER !	Yes	flonase, claritin, allegra, zurtec	No
2	6	Other / Unspecified	Yes	Flonase, it kind of worked and kind of did not.	No
8		Common Cold	Yes	flonase, nasalide	No
4	6	Allergies	Yes	Flonase, Nasocrom, Allegra	No
10		Common Cold	Yes	Flonase, nasonex	No
10		Common Cold	Yes	Flonase, nasonex	No
25		Injury To Nasal / Facial Area	Yes	Flonase, Natru-vent, Vancenase AQ, Nasacort AQ, Saline, and an oral steroid-name unk	No
3	8	Allergies	Yes	Flonase, surgery	No
32		Allergies	Yes	flonase,allegra,and other alergy pills.	No
12	2	I CAN NOT REMEMBER !	Yes	flonase,zyrtec, stop the afrin	No
9		Common Cold	Yes	flonase/claritin and quitting	No
10		I CAN NOT REMEMBER !	Yes	FLONAZ AND NASANEX	No
3		Other / Unspecified	Yes	Fluticasion. Propion	No
3		Common Cold	Yes	gave me pills. As soon as they ran out I went back to the nasal spray and havn't been back to the doctor since	No
8		Allergies	Yes	go cold turkey and use steroid sprays	No
12		Common Cold	Yes	Go cold turkey....Also had nasal steroids prescribed. Entex also prescribed..	No
7		Common Cold	Yes	gradual decline of use, then saline	No
1		Deviated Septum	Yes	guaifenesin for my rhinitis	No
3		Deviated Septum	Yes	Had Rhinoplasty, didn't improve severe congestion. He said there was nothing else he could do.	No
30	0	Deviated Septum	Yes	Had surgery to correct deviated septum but did not solve problem completely	No
20		Common Cold	Yes	he gave a subsu	No
2		Allergies	Yes	he gave me a free sample of a non habit forming nasal spray, which did nothing	No
9		Common Cold	Yes	He gave me an injection in each nostral and told me to stop the spray	No
8		Common Cold	Yes	He just gave me a perscription. .	No
27		Allergies	Yes	He just told me that it would be a long process and	No
6		Allergies	Yes	he prescribed me nasonex	No
20		Deviated Septum	Yes	he told me to stop using 4-way nasal spray	No
9	9	Other / Unspecified	Yes	he was not sure what to say, he was not an ENT doctor, told him about rhinostat and havent pursued it.	No
5		Common Cold	Yes	heavy dose of steroids, oral decongestants, and topical steroids	No
30	0	Allergies	Yes	homoplasty and withdrawal from afrin	No
8	5	I CAN NOT REMEMBER !	Yes	I don't know the name, but it was a steroid nasal spray.	No
10		Common Cold	Yes	i don't remember	No
8	6	Common Cold	Yes	I have had cartirization of both nostrils, steriod treatments, such as vanconase and others, and tried saline substitutes. Nasal surgery worked for about 6 weeks and then I woke up one night totally closed up again. I am interested in having another operation if deemed necessary.	No
12	8	Pregnancy	Yes	I think Flonase - it was awhile ago!	No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
17	4	Common Cold	Yes	I think it was Bromfed and a cortisone shot. The Dr. was trying to convince me that I had sleep apnea, which I do not. I didn't like him.	No
23		I CAN NOT REMEMBER !	Yes	I was given a substitute spray but it did not work	No
15		I CAN NOT REMEMBER !	Yes	I was given vasanase and nasacort --- they help until I stop using them.	No
1	6	Common Cold	Yes	I was placed on steroids for 6 days	No
7		Allergies	Yes	I was told to stop cold turkey. Then, I was to have surgery to remove scar tissue from my sinus cavities and to fix my deviated septum.	No
7		Allergies	Yes	I was told to stop cold turkey. Then, I was to have surgery to remove scar tissue from my sinus cavities and to fix my deviated septum.	No
16		Common Cold	Yes	It was recommended that I quit cold turkey.	No
5		Common Cold	Yes	It was recommended that I stop using the spray. Surgery was also mentioned as a possibility.	No
35		Common Cold	Yes	I've had a deviated septum done, and had my nose cauterized, both of these 25 years ago! I've tried saline and steroid nasal sprays. Nothing works for me. I'm still on nasal spray daily after over 35 years!	No
5	6	Common Cold	Yes	I've tried everything from children's Otrivin to Flonase and Nasonex. Nothing helps me get over this addiction.	No
1		Common Cold	Yes	just allergy pills	No
2	0	Common Cold	Yes	just get off it	No
13		Common Cold	Yes	Just Quit	No
1	2	Common Cold	Yes	Just Quit! He told me to quit in one nostril and then quit in the other.	No
5		Common Cold	Yes	Just stop	No
2		Common Cold	Yes	just stop using it	No
10		Allergies	Yes	Just told me to stop cold turkey	No
2	2	Deviated Septum	Yes	Keep using nasal spray. Nasal surgery.	No
10		Allergies	Yes	many	No
29		Pregnancy	Yes	meds and suggested surgery. I didn't want surgery. Took I think it was called medral and it worked and then one day I started it again	No
10		Common Cold	Yes	minor surgery	No
8		I CAN NOT REMEMBER !	Yes	more nosespray	No
3		Allergies	Yes	nasacort	No
15	0	Allergies	Yes	Nasacort	No
17		I CAN NOT REMEMBER !	Yes	Nasacort	No
10		Common Cold	Yes	Nasacort AQ	No
8		I CAN NOT REMEMBER !	Yes	Nasacort Spray, OTC decongestants, and cold-turkey on the Afrin.	No
3	6	Allergies	Yes	Nasacort steroid spray and told to continue with Sudafed spray when required (every 4-6 hours!)	No
3		Allergies	Yes	Nasacort, flonase	No
5		Common Cold	Yes	nasacort, flonase	No
1	3	Allergies	Yes	nasacort, zyrtec d, (astenol ? something like that) allegra d	No
17		I CAN NOT REMEMBER !	Yes	nasacort; saline spray; flonase; allegra-D	No
2	0	Allergies	Yes	Nasacort, Clairiton D, Zyrtech D, various	No
40		Pregnancy	Yes	nasal saline	No
2		Allergies	Yes	Nasal spray followed later by Nasal Polyps removal. less than 12 months later initial symptoms have returned	No
23	5	Common Cold	Yes	Nasal steroid sprays, saline sprays, oral prednisone.	No
4	0	Common Cold	Yes	nasal steroids	No
1		Common Cold	Yes	Nasal Steroid	No
5		Allergies	Yes	nasal steroids	No
20	0	I CAN NOT REMEMBER !	Yes	Nasal steroids	No
14	8	I CAN NOT REMEMBER !	Yes	nasal steroids	No
21		Common Cold	Yes	nasal steroids	No
23		Common Cold	Yes	nasal steroids	No
10		Common Cold	Yes	nasalcort	No
15		Allergies	Yes	Nasalcort	No
10		Common Cold	Yes	nasalcort and claritan	No
22		Common Cold	Yes	NASALCROM	No
15		Allergies	Yes	nasalcrom and claritin	No
15		Common Cold	Yes	Nasalcrom, Rhinocort	No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
	9	Allergies	Yes	Nasarel	No
25		I CAN NOT REMEMBER !	Yes	nasarel	No
30		Injury To Nasal / Facial Area	Yes	nasecort and allegra-d	No
9		Common Cold	Yes	nasel spray	No
15		Common Cold	Yes	NASENEX	No
10		Common Cold	Yes	nasocort	No
18		I CAN NOT REMEMBER !	Yes	NASOCORT, Rhinocort,Nasonex, Ocean, I just started the Rhinocort 11/17/03	No
6		Common Cold	Yes	nasones and allegra D	No
1		Allergies	Yes	Nasonex	No
2	6	I CAN NOT REMEMBER !	Yes	nasonex	No
6		Common Cold	Yes	Nasonex	No
8	10	Pregnancy	Yes	nasonex	No
6	3	Common Cold	Yes	NASONEX	No
3	6	Pregnancy	Yes	nasonex	No
5		Allergies	Yes	nasonex	No
5		Allergies	Yes	nasonex	No
10		Common Cold	Yes	nasonex	No
10		Allergies	Yes	nasonex	No
25		Other / Unspecified	Yes	Nasonex	No
20		Allergies	Yes	nasonex	No
10		Common Cold	Yes	nasonex	No
	1	Common Cold	Yes	NASONEX	No
40		Common Cold	Yes	nasonex ,flonase	No
3		Common Cold	Yes	Nasonex and Astelin	No
8		I CAN NOT REMEMBER !	Yes	Nasonex, Azmacort, Methylprednisone, and claritan	No
2		Allergies	Yes	nasonex, but I could not use it as it would not clear my passages like the nasal spray that I was using (vicks 12 hour fine mist). Now I use it 3-4 times daily	No
27		I CAN NOT REMEMBER !	Yes	Nasonex, sudafed,	No
3	4	Allergies	Yes	Nasonex, Zyrtec or Zyrtec D	No
13		Other / Unspecified	Yes	Nazacort, prednizone	No
35	0	Allergies	Yes	neosynephrin	No
3		Injury To Nasal / Facial Area	Yes	Neo-Synephrine and bought some Vicks Sinex on my own.	No
5		Other / Unspecified	Yes	nil	No
5		I CAN NOT REMEMBER !	Yes	no	No
11		Pregnancy	Yes	nohing	No
3		Allergies	Yes	Non-addictive steroid-type spray.	No
5		Allergies	Yes	normal saline	No
24	2	Pregnancy	Yes	not a problem	No
15		Common Cold	Yes	nothing	No
6		Common Cold	Yes	Nothing	No
4		Common Cold	Yes	nothing	No
5		Common Cold	Yes	Nothing	No
20	4	I CAN NOT REMEMBER !	Yes	nothing	No
12	8	Common Cold	Yes	nothing	No
15		Common Cold	Yes	NOTHING	No
5		Allergies	Yes	nothing - cold turkey	No
7		Common Cold	Yes	nothing- i'm surprised she didn't laugh at me simply for asking.	No
7		I CAN NOT REMEMBER !	Yes	Nothing this time. Just told me to wean myself off. With my previous addiction (for about 3 years, about 12 years ago) a doc ordered steroids and Claritin.	No
1		Common Cold	Yes	nothing was prescribed, only the urgent warning to get off the spray ASAP.	No
2	3	Pregnancy	Yes	nothing yet, i am pregnant again, so he said nothing till 2nd trimester.	No
2	6	Common Cold	Yes	Nothing, I was told to quit cold turkey because I am now pregnant, which makes congestion even worse.	No
25		Common Cold	Yes	nothing, I was told to quit using sprays and it would get better.	No
10		Common Cold	Yes	NOTHING, JUST TOLD TO QUIT USING IT	No
10		Allergies	Yes	nothing. flonase for allergies but nothing for the addiction	No
4		Pregnancy	Yes	Nothing. Just said to stop taking it and I can't take the not being able to breath; I have two kids and they are very young.	No
8		Common Cold	Yes	Nothing. Was told it would wear off!	No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
8		Allergies	Yes	Nothing.. No one knows how to help me	No
3		I CAN NOT REMEMBER !	Yes	Nothing--she just told me to stop using it! Easier said than done, since I breathe through my nose when I sleep. When I tried to stop using it, I couldn't sleep because I couldn't breathe!!!!!!	No
20		Common Cold	Yes	Numerous recommendations:	No
	10	Pregnancy	Yes	OB said to try saline spray, maybe use the Afrin in just one nostril	No
5		Allergies	Yes	ocean spray	No
5	0	Common Cold	Yes	one nostril at a time cold turkey on each one.	No
4		Tabique Desviado	Yes	operacion de tabique	No
30		I CAN NOT REMEMBER !	Yes	oral decongestant	No
8		Common Cold	Yes	oral decongestant, prescription nose sprays, or mixing my nose spray with saline nose spray to wean myself.	No
15	6	Allergies	Yes	oral steroids, decongestants, steroid nasal sprays, herbal remedies, vaporizers	No
11		Common Cold	Yes	oral steroids	No
30		I CAN NOT REMEMBER !	Yes	oral steroids	No
4	6	Common Cold	Yes	Oral Steroids, Flonase, and Saline Spray	No
30		Pregnancy	Yes	Oral steroids, sudafed	No
3		Allergies	Yes	other decongestants	No
1		Allergies	Yes	other spray that didn't give immediate relief	No
22		Common Cold	Yes	over the counter medications	No
40		Common Cold	Yes	Physician said: "Just stop taking the damned stuff." Refused to discuss it. I have tried many times to quit, but have been unable.	No
15		Other / Unspecified	Yes	Pill form of decongestant	No
1	6	Allergies	Yes	prescription spray flonase	No
25		Allergies	Yes	prednisone & Flonase	No
4		I CAN NOT REMEMBER !	Yes	Prednisolone	No
3		Allergies	Yes	prednisone	No
30		Common Cold	Yes	prednisone	No
10		I CAN NOT REMEMBER !	Yes	prednisone & flonase for 5 days	No
25		Common Cold	Yes	prednisone and nasalcort for 10 or so days along with saline spray	No
3	0	Pregnancy	Yes	Prednisone, Antibiotics, rhinocort aqua, flonase	No
2		Allergies	Yes	Prednisone, Nasalcort AQ,	No
27		I CAN NOT REMEMBER !	Yes	Prednisone, Flonase, Astelin, plus various antihistamine pills.	No
6	7	Pregnancy	Yes	prednisone, oral decongestants, steroid nasal sprays	No
8		Common Cold	Yes	Prednisone, worked until I ran out of prescription.	No
10		Common Cold	Yes	prednisone, trinalin, flonase	No
5		Other / Unspecified	Yes	prescription medication that didn't work because I have such blockage that I ended up with a migraine due to no airway through the nose which made me go back to over the counter nasal spray again. I hate it I can never breathe. It's hard to do anything do to the fact that I depend on it so much. I began using it due to my very first ever sinus infection 5 years ago and have tried many different things to stop like seeing an ENT and even acupuncture. Nothing seems to help. Could it be possible my wisdom teeth are the cause of all my misery?	No
14		Common Cold	Yes	prescription nasal spray and probably a steroid. Not sure what the name of it was.	No
2	8	Common Cold	Yes	quit all together	No
10		Common Cold	Yes	quit cold turkey	No
7		Common Cold	Yes	quit cold turkey	No
27		I CAN NOT REMEMBER !	Yes	quit cold turkey	No
18	6	Allergies	Yes	Quit cold turkey	No
5		Pregnancy	Yes	quit cold turkey - did not work for me!	No
6		Allergies	Yes	Quit cold turkey, Take steroid nasal spray in combination with allegra or claritin (I'm allergic to oral decongestants)	No
11		Pregnancy	Yes	Quit cold turkey.	No
12		Common Cold	Yes	Quit cold turkey; prescribed steroid spray	No
20		Common Cold	Yes	quit using cold turkey	No
1		Common Cold	Yes	quit using the spray	No
5		Common Cold	Yes	quite using	No
15	4	Allergies	Yes	quitting cold turkey!	No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
5		Common Cold	Yes	Quitting cold turkey. Didn't work. Then I was given some kind of nasal spray in a can, similar to an asthma inhaler. I cannot recall its name. It had no effect on the rebound congestion.	No
2		Common Cold	Yes	recommended a surgical procedure	No
10		Common Cold	Yes	Rhinalar then Flixonase	No
23		Common Cold	Yes	Rhinocort	No
6	11	Common Cold	Yes	Rhinocort	No
5		Common Cold	Yes	rhinocort	No
5		Common Cold	Yes	rhinocort	No
1		Allergies	Yes	Rhinocort	No
0	4	Common Cold	Yes	Rhinocort	No
6		Common Cold	Yes	Rhinocort (cortazone i think)	No
10		Allergies	Yes	Rhinocort, many different nasal sprays	No
10		Common Cold	Yes	Rhinocort, Nasonex, and Prednozone	No
6		Common Cold	Yes	saline	No
15		Common Cold	Yes	saline	No
5		Allergies	Yes	saline nasal sprays	No
5		Allergies	Yes	saline nasal sprays	No
20		Allergies	Yes	saline solution	No
20		Common Cold	Yes	saline spray	No
7	6	I CAN NOT REMEMBER !	Yes	Saline Spray	No
5		Common Cold	Yes	saline spray	No
10		Common Cold	Yes	Saline spray - I am also a pipe smoker	No
15		Common Cold	Yes	saline spray and basically just go cold turkey	No
	2	Pregnancy	Yes	saline spray and benedryl	No
8		Deviated Septum	Yes	septoplasty	No
22		I CAN NOT REMEMBER !	Yes	septoplasty	No
7	0	Deviated Septum	Yes	septoplasty	No
30		Common Cold	Yes	septum surgery, somnoplasty, Nasonex, flonase and numerous other surgeries and procedures	No
1	3	Allergies	Yes	Several decongestants. Three sinus surgeries. Allergy testing - negative. Fungal testing - negative.	No
5		Other / Unspecified	Yes	Several different medications and nasal sprays.	No
20		Common Cold	Yes	Several things:	No
17		Allergies	Yes	since it has been ongoing, he has cotarized my turbins and had to put me under because so much blood overflowed from them. this has happened at least 5x. I have also had a rhinoplasty hoping they could remove part of the turbin, but the Dr opten to shrink from within, the effects didn't last long.	No
16	4	Common Cold	Yes	some kind of other nasal spray..maybe steriods. im not certain	No
3	5	Allergies	Yes	some medicine very simple with a salt solution and glycerin. It doesn't works	No
2	10	Allergies	Yes	somnoplasty	No
22	7	Common Cold	Yes	steam	No
15	0	Common Cold	Yes	steriod based alternative	No
4		Common Cold	Yes	steriod nose spray nad prednisone	No
35		I CAN NOT REMEMBER !	Yes	Steroid nose sprays and oral decongestants	No
5		I CAN NOT REMEMBER !	Yes	steriod sprays	No
13	0	Allergies	Yes	steriods	No
40		Allergies	Yes	steriods both oral and nasally. Also had a submucosal resection and a septal shaving	No
20		Common Cold	Yes	steroid nasal spray . Couldnt afford	No
15		I CAN NOT REMEMBER !	Yes	steroid	No
7		Common Cold	Yes	steroid	No
16		Common Cold	Yes	steroid injected and a steroid nasal spray	No
17		Allergies	Yes	steroid nasal inhaler & cold turkey	No
20	0	Common Cold	Yes	steroid nasal spray	No
20		Allergies	Yes	steroid nasal spray and steroid pomade	No
15	0	I CAN NOT REMEMBER !	Yes	steroid nasal spray -Flonase	No
15		I CAN NOT REMEMBER !	Yes	Steroid nasal sprays; steroid tablets	No
27		Other / Unspecified	Yes	steroid shot	No
12		Allergies	Yes	steroid solution	No
20		Common Cold	Yes	steroid spays and pills	No
7		Common Cold	Yes	Steroid Spray	No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
16		Allergies	Yes	Steroid spray with gradually reducing the times I spray with Afrin (i.e. first week spray 6 times a day; secnd week, spray 5 times a day, etc.)	No
12	0	Other / Unspecified	Yes	steroid spray, beconaze?	No
20		I CAN NOT REMEMBER !	Yes	Steroid sprays	No
3	0	Common Cold	Yes	Steroid sprays	No
9	1	Common Cold	Yes	steroid sprays	No
3	5	Allergies	Yes	steroid sprays	No
6		I CAN NOT REMEMBER !	Yes	steroid sprays	No
10		Allergies	Yes	steroid sprays or prednisone	No
12	2	Allergies	Yes	steroid sprays, deocngestants etc...	No
10		I CAN NOT REMEMBER !	Yes	steroid sprays, quitting cold turkey	No
	2	Injury To Nasal / Facial Area	Yes	Steroid taper	No
10		Deviated Septum	Yes	steroid type nasal spray	No
11		Common Cold	Yes	steroidal nasal spray	No
2	2	I CAN NOT REMEMBER !	Yes	steroidal nasal spray as well as saline spray	No
15		Common Cold	Yes	Steroidal nose spray	No
25		Allergies	Yes	STEROIDAL NOSE SPRAY	No
15		Common Cold	Yes	steroids	No
6	0	Allergies	Yes	Steroids	No
7		Allergies	Yes	steroids	No
12		Common Cold	Yes	steroids	No
21		I CAN NOT REMEMBER !	Yes	steroids	No
12		Allergies	Yes	steroids	No
1		Common Cold	Yes	steroids	No
2		Deviated Septum	Yes	steroids	No
10		Common Cold	Yes	Steroids	No
10		Common Cold	Yes	Steroids	No
8	7	Common Cold	Yes	Steroids	No
8		Allergies	Yes	steroids spray and allergy pill perscription	No
3	2	Common Cold	Yes	Steroids, but he told me to stop the spray first.	No
4	6	Common Cold	Yes	Steroids, cold turkey	No
28		Common Cold	Yes	Steroids, supplemental nasal spray	No
2	6	Other / Unspecified	Yes	steroids; Rx decongestant.	No
15		Deviated Septum	Yes	Stop	No
6		Common Cold	Yes	Stop Cold Turkey	No
20		Allergies	Yes	stop cold turkey	No
25		Common Cold	Yes	stop cold turkey	No
1	6	I CAN NOT REMEMBER !	Yes	Stop cold turkey.	No
	6	Common Cold	Yes	stop the spray, use saline sprays	No
3	0	Common Cold	Yes	Stop using and use saline for moisture	No
6	4	Common Cold	Yes	Stop using Dristan, and prescribed other	No
20		Pregnancy	Yes	Stop using it	No
20		Allergies	Yes	stop using it	No
1	0	Allergies	Yes	stop using it	No
5		Allergies	Yes	Stop using it.	No
15		I CAN NOT REMEMBER !	Yes	stop using nasal spray!	No
27		I CAN NOT REMEMBER !	Yes	Stop using, try a nasal steroid	No
10		Common Cold	Yes	stop using/Flonase	No
30		Deviated Septum	Yes	Stopping cold turking.	No
3	1	Other / Unspecified	Yes	stopping use of sprays, and a decongestant	No
1		Pregnancy	Yes	Sudafed	No
21		Allergies	Yes	sudafed	No
30		Common Cold	Yes	sudafed	No
4		Allergies	Yes	Sumnoplasty. But I did not receive the surgery	No
6		Pregnancy	Yes	SURGERY	No
10		Deviated Septum	Yes	surgery	No
20		Deviated Septum	Yes	surgery	No
3		Allergies	Yes	surgery- antrum washout	No
4	4	Allergies	Yes	surgery on my sinuses	No
1		Deviated Septum	Yes	surgery to repair the septum	No
24		Allergies	Yes	switch to prescription decongestant	No
7		Common Cold	Yes	Take psuedafed	No
18		Pregnancy	Yes	That I had at one time, at a very young, had my nose broken, and had a deviated septum. To correct it the doctor wanted to do surgery, which meant re-breaking my nose, and I opted not to. So I continue to use nasal spray nightly.	No
15		Common Cold	Yes	That I should stop "cold turkey".	No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
4	5	Allergies	Yes	The doctor gave me some junk that just congested me even more and burned the inside of my nose.	No
20		Common Cold	Yes	The physician said to just stop that it would only take a few day's to see improvement	No
6		Common Cold	Yes	They all think I have allergies, so the prescribe Flonase or Allegra. Nothing helps!	No
14		Allergies	Yes	They always say"you just have to quit". Cold turkey.	No
5		Allergies	Yes	They told me to just stop using it and go "Cold Turkey"	No
2	6	Pregnancy	Yes	To continue using my Flonase	No
16		I CAN NOT REMEMBER !	Yes	to JUST STOP	No
10		Allergies	Yes	To quit cold turkey, with the help of over the counter oral decongestants.	No
30		Allergies	Yes	To simply stop using them and my nasal passages would return to normal	No
10		I CAN NOT REMEMBER !	Yes	to stop	No
10		I CAN NOT REMEMBER !	Yes	to stop	No
10		I CAN NOT REMEMBER !	Yes	to stop	No
10		I CAN NOT REMEMBER !	Yes	to stop	No
10		I CAN NOT REMEMBER !	Yes	to stop	No
2	6	Allergies	Yes	to stop it cold turkey	No
10	0	Other / Unspecified	Yes	TOLD TO STOP AND GIVEN ASTELIN NASAL SPRAY	No
5		Common Cold	Yes	told to stop using it.	No
1	5	Common Cold	Yes	Too many prescriptions to name them all. Ranging Sudafed, allergy medications (Allegra, etc) Rhinocort, Rhinocort Aqua and many many others including steroids.	No
10		I CAN NOT REMEMBER !	Yes	topical corticosteroid sprays	No
22	1	Common Cold	Yes	tough it out, or try saline spray	No
16	2	Pregnancy	Yes	TRY TO GET OFF. NO SUCCESS	No
5		Allergies	Yes	turbinectomy	No
20		Allergies	Yes	typical allergy medications	No
10		Allergies	Yes	Use Ocean Nasal Saline or stop cold-turkey.	No
7	0	Common Cold	Yes	use of nasonex and discontinued use of Afrin	No
10		I CAN NOT REMEMBER !	Yes	use saline spray	No
3	0	Common Cold	Yes	Use steroid sprays and quit using.	No
1	6	I CAN NOT REMEMBER !	Yes	use the corticosteroid nasal spray	No
24		Common Cold	Yes	Vacenase - did not completely get me off the Afrin.	No
25		Allergies	Yes	Vancanase	No
20	0	Allergies	Yes	vancenase	No
15		Allergies	Yes	vancenase	No
10	1	Common Cold	Yes	Vancenase	No
6		Allergies	Yes	Vancenase and saline solution	No
10		Pregnancy	Yes	vancenase aq	No
20		I CAN NOT REMEMBER !	Yes	Vancenase or Beconase	No
25		Common Cold	Yes	vancenese	No
20		Allergies	Yes	veconase	No
14		Common Cold	Yes	Veconase, Beconase, Flonase, rhinocort nose inhaler, Methylpredisone, saline, and variety of other I can't think of off the top of my head	No
15		Allergies	Yes	was told to stop immediately. once was given an allergy nasal spray to try to wean me off. didnt work	No
12	6	I CAN NOT REMEMBER !	Yes	Yes, I have only been told to quit and use Nasalcort. (You misspelled caused in question # 2)	No
5		I CAN NOT REMEMBER !	Yes	Zicam	No
1		Common Cold	Yes	zyrtec	No
1	6	Allergies	Yes	Zyrtec, with continued use of oxymetazoline hydrochloride pending Zyrtec's "kicking in". Advised to be very careful in use of nasal spray and of possible consequences (i.e., cardiovascular collapse)	No
14		Allergies	Yes		No
20		Common Cold	Yes		No
10		Common Cold	Yes		No
1	6	Common Cold	Yes		No
4	6	Common Cold	Yes		No
1		Deviated Septum	Yes		No
4		I CAN NOT REMEMBER !	Yes		No
8		Allergies	Yes		No
10		Allergies	Yes		No
10		Common Cold	Yes		No
10		Allergies	Yes		No

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
12		Common Cold	Yes		No
12		Allergies	Yes		No
15		Common Cold	Yes		No
15		Common Cold	Yes		No
20		Common Cold	Yes		No
30		Deviated Septum	Yes		No
3		I CAN NOT REMEMBER !	Yes		No
3		Common Cold	Yes		No
Group 2 - Consulted With Physician - Treatment Was Successful (Number = 38) Success Rate 6.5%					
10		Common Cold	Yes	rhinocort but had another bad cold and have it back....	Yes
2		Common Cold	Yes	Vancanaese	Yes
20		I CAN NOT REMEMBER !	Yes	Nothing really...I am using a system very similar to yours that I put together myself after finding your website using saline dilution ...I am 14 days into it...so far, so good....	Yes
21	0	Other / Unspecified	Yes	Clariton	Yes
25		Deviated Septum	Yes	Bilateral Caldwell Luk	Yes
3		Other / Unspecified	Yes	Saline drops	Yes
20		Common Cold	Yes	allegra d only thing that helped me.. I(tried everything.. been off the sprays for a month now	Yes
10		Common Cold	Yes	To stop using the CVS Nasal Spray	Yes
15		Allergies	Yes	allegra, zyrtec...etc.....	Yes
5		Other / Unspecified	Yes	At first, all sorts of sprays which did not work, but the latest did - the up to date Betnesol drops (white and purple package). They worked to a point, but not the spray - nose blocked again so have taken some left over Betnesol.	Yes
10		Allergies	Yes	claritin and flonase	Yes
15	0	I CAN NOT REMEMBER !	Yes	Everything from Nasalchrom to saline to cold turkey.	Yes
25		Allergies	Yes	flonase, nasalchrom, singulair, saline spray, zyrtec	Yes
3		Allergies	Yes	get off the sprays; use saline nasal spray	Yes
	2	Common Cold	Yes	Gradually cut back. Mix saline with the offending spray, and increase the saline over time.	Yes
20		I CAN NOT REMEMBER !	Yes	I was put on steroids (pill form) for 5 or 6 days and was told not to use the afrin.	Yes
1	0	Deviated Septum	Yes	I was recommended to stop using it completely and take other milder decongestants instead until I no longer needed them.	Yes
15		Allergies	Yes	Just "bite the bullet" and stop. Need self determination and a real desire to stop. Personally, I was afraid that I would develop cancer of the mucous lining.	Yes
14	8	Allergies	Yes	My doctor told me to go cold turkey, however I should take 4 Hr Sudafed around the clock for at least 21 days.	Yes
5	6	Other / Unspecified	Yes	Nasal Cautery	Yes
3		Deviated Septum	Yes	nasocort and med-pack	Yes
8		Allergies	Yes	Nasonex	Yes
4	4	I CAN NOT REMEMBER !	Yes	nasonex adn claritin	Yes
15		Common Cold	Yes	nasonex allergy spray & cold turkey which was working with a lot of willpower until I got a cold, now it's TOUGH!!!!	Yes
2	5	I CAN NOT REMEMBER !	Yes	nasonex, zyrtec, ayr saline spray	Yes
1	6	Allergies	Yes	over the counter nasal decongestant and steroid (beconase AQ)	Yes
20		Common Cold	Yes	prednisone	Yes
3	0	Pregnancy	Yes	rhinocort	Yes
1	3	Common Cold	Yes	She just told me to stop using it. And take other types of decongestants like Sudafed or Benadryl--but all those made me so tired and didn't work at all! I had such headaches from being so congested and stomache aches from swallowing so much air cause I couldn't breathe through my nose. I ended up quitting "cold turkey" and it was terrible. I stumbled upon your website, looking for other people who had the same problem. I never realized so many people were addicted like me! I'm currently free of nasal spray, but with spring allergy season coming up, who knows how long I'll last. Next time I will use your system instead of torturing myself by stopping cold turkey!	Yes

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
40		Other / Unspecified	Yes	steroid spray to reduce inflammation	Yes
3	4	Common Cold	Yes	Stop doing it	Yes
8		Other / Unspecified	Yes	stop using it! cold turkey	Yes
1		Common Cold	Yes	Stop using it.	Yes
8		Allergies	Yes	Sudafed and steroids. Successful until I was pregnant and got a cold. Went back to the afrin.	Yes
1	4	Deviated Septum	Yes	surgery	Yes
1	8	Allergies	Yes	surgery	Yes
1	0	Deviated Septum	Yes	surgery	Yes
20		Common Cold	Yes	Rhincorot	Yes
5		Deviated Septum	Yes	surgery--successful for day time periods when I was not laying down. As soon as I reclined or went to bed, congestion returned.	Yes
Group 3 - Did Not Consult With Physician / Still Addicted - 478 Reported					
10		Injury To Nasal / Facial Area	No	I had a nose trauma where the topside of my nose was peeled down by sheet metal. It took 16 stitches and reconstructive surgery and there is still a scar. Ever since then I have had intensely sharp electrical-type pain in my nostrils that is just debilitating. It lasts 5-6 seconds per incident and is frequent throughout the day. As soon as the pain starts, my eyes start watering to the max also. Please, any suggestions as to what this is and what I might try would be VERY appreciated!	N/A
1		Other / Unspecified	No		N/A
10		Common Cold	No		N/A
8		Common Cold	No		N/A
12		Common Cold	No		N/A
12		Common Cold	No		N/A
1		Allergies	No		N/A
	6	Allergies	No		N/A
12		I CAN NOT REMEMBER !	No		N/A
7	6	Allergies	No		N/A
5		Allergies	No		N/A
10		Common Cold	No		N/A
15		Allergies	No		N/A
15		I CAN NOT REMEMBER !	No		N/A
2		Common Cold	No		N/A
8		Common Cold	No	I'm pregnant and I don't think it is healthy to use a nasal spray. I need to get off of this medication. Is your product good for pregnant women?	N/A
10		Allergies	No	However he did prescribe Flonase and Claritan for allergies. Have not taken it long enough to see if it will help. He is unaware of my nasal spray addition.	N/A
3	8	Common Cold	No	Use of nasal spray by GP for sinus congestion. Have used Sinex, Chemist brands (eg. Amcal) Beconase etc and some prescription drugs for sinus and nasal decongestion ever since with sinus problems being reviewed by GP's a number of times. Not spoken to GP about use of nasal decongestant sprays but have used them on & off for over 3 years now. Much happier using them (ie. sleep better!). Always have nasal congestion at night time (or when horizontal!). Have NOT used nasal spray for over 12 months now but recently used for Rx of flu and have since used this for 14 weeks! I thought I'd check the Internet just out of interest, and am amazed that what I thought was overuse of a nasal decongestant spray (different brands) was not so uncommon!	N/A
0	0	Common Cold	No		N/A
1	0	Allergies	No		N/A
2	0	Allergies	No		N/A
3	0	Other / Unspecified	No		N/A
3	0	Common Cold	No		N/A
4	0	Allergies	No		N/A
5	0	Deviated Septum	No		N/A
5	0	Allergies	No		N/A
6	0	Allergies	No		N/A
8	0	Allergies	No		N/A
10	0	Common Cold	No		N/A

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
10	0	I CAN NOT REMEMBER !	No		N/A
10	0	I CAN NOT REMEMBER !	No		N/A
14	0	Common Cold	No		N/A
15	0	I CAN NOT REMEMBER !	No		N/A
1	1	Common Cold	No		N/A
1	1	Common Cold	No		N/A
4	1	Allergies	No		N/A
8	1	Other / Unspecified	No		N/A
20	1	I CAN NOT REMEMBER !	No		N/A
1	2	Common Cold	No		N/A
1	2	Allergies	No		N/A
1	2	Pregnancy	No		N/A
5	2	I CAN NOT REMEMBER !	No		N/A
6	2	Common Cold	No		N/A
0	3	Common Cold	No		N/A
3	3	Common Cold	No		N/A
3	3	Common Cold	No		N/A
3	3	Common Cold	No		N/A
0	4	Other / Unspecified	No		N/A
1	4	I CAN NOT REMEMBER !	No		N/A
1	4	Other / Unspecified	No		N/A
2	4	I CAN NOT REMEMBER !	No		N/A
5	4	Common Cold	No		N/A
7	4	Common Cold	No		N/A
8	4	Common Cold	No		N/A
6	5	Common Cold	No		N/A
7	5	Common Cold	No		N/A
7	5	Pregnancy	No		N/A
10	5	Common Cold	No		N/A
1	6	Common Cold	No		N/A
2	6	Allergies	No		N/A
2	6	Allergies	No		N/A
2	6	Common Cold	No		N/A
2	6	Common Cold	No		N/A
3	6	Pregnancy	No		N/A
4	6	Common Cold	No		N/A
5	6	Common Cold	No		N/A
18	6	Allergies	No		N/A
3	7	Injury To Nasal / Facial Area	No		N/A
4	8	Common Cold	No		N/A
7	8	Common Cold	No		N/A
10	8	Common Cold	No		N/A
18	8	Common Cold	No		N/A
0	9	Common Cold	No		N/A
2	9	Pregnancy	No		N/A
3	9	Pregnancy	No		N/A
3	10	Common Cold	No		N/A
9	10	Other / Unspecified	No		N/A
17	10	Pregnancy	No		N/A
5	11	Allergies	No		N/A
6	11	Allergies	No		N/A
1		Pregnancy	No		N/A
1		Common Cold	No		N/A
1		I CAN NOT REMEMBER !	No		N/A
1		Deviated Septum	No		N/A
1		Common Cold	No		N/A
1		Common Cold	No		N/A
1		Allergies	No		N/A
1		Allergies	No		N/A
2		Allergies	No		N/A
2		Common Cold	No		N/A
2		Common Cold	No		N/A
2		Common Cold	No		N/A
2		Common Cold	No		N/A
2		Allergies	No		N/A
2		Other / Unspecified	No		N/A
2		Allergies	No		N/A
2		Common Cold	No		N/A
2		Injury To Nasal / Facial Area	No		N/A

<u>Length Of Addiction</u>		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
9		Common Cold	No		N/A
9		Common Cold	No		N/A
10		Other / Unspecified	No		N/A
10		Other / Unspecified	No		N/A
10		I CAN NOT REMEMBER !	No		N/A
10		Common Cold	No		N/A
10		Common Cold	No		N/A
10		Allergies	No		N/A
10		Other / Unspecified	No		N/A
10		Allergies	No		N/A
10		Other / Unspecified	No		N/A
10		Injury To Nasal / Facial Area	No		N/A
10		I CAN NOT REMEMBER !	No		N/A
10		Common Cold	No		N/A
10		Common Cold	No		N/A
10		Common Cold	No		N/A
10		I CAN NOT REMEMBER !	No		N/A
10		I CAN NOT REMEMBER !	No		N/A
10		Allergies	No		N/A
10		Common Cold	No		N/A
10		Allergies	No		N/A
10		Common Cold	No		N/A
10		I CAN NOT REMEMBER !	No		N/A
11		I CAN NOT REMEMBER !	No		N/A
11		Allergies	No		N/A
11		Common Cold	No		N/A
11		Common Cold	No		N/A
12		Common Cold	No		N/A
12		Common Cold	No		N/A
12		Allergies	No		N/A
12		Common Cold	No		N/A
13		I CAN NOT REMEMBER !	No		N/A
13		I CAN NOT REMEMBER !	No		N/A
14		I CAN NOT REMEMBER !	No		N/A
15		Allergies	No		N/A
15		I CAN NOT REMEMBER !	No		N/A
15		Other / Unspecified	No		N/A
15		I CAN NOT REMEMBER !	No		N/A
15		I CAN NOT REMEMBER !	No		N/A
15		Common Cold	No		N/A
15		Allergies	No		N/A
15		Allergies	No		N/A
15		Deviated Septum	No		N/A
15		I CAN NOT REMEMBER !	No		N/A
15		Common Cold	No		N/A
15		I CAN NOT REMEMBER !	No		N/A
15		Deviated Septum	No		N/A
16		I CAN NOT REMEMBER !	No		N/A
16		Common Cold	No		N/A
17		Allergies	No		N/A
17		I CAN NOT REMEMBER !	No		N/A
18		Allergies	No		N/A
18		Common Cold	No		N/A
18		Common Cold	No		N/A
18		Allergies	No		N/A
20		Allergies	No		N/A
20		Common Cold	No		N/A
20		Allergies	No		N/A
20		I CAN NOT REMEMBER !	No		N/A
20		Common Cold	No		N/A
20		Common Cold	No		N/A
20		I CAN NOT REMEMBER !	No		N/A
20		Common Cold	No		N/A
20		Common Cold	No		N/A
20		Allergies	No		N/A
20		Allergies	No		N/A
20		Allergies	No		N/A

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
20		I CAN NOT REMEMBER !	No		N/A
20		Common Cold	No		N/A
20		I CAN NOT REMEMBER !	No		N/A
20		Common Cold	No		N/A
20		Common Cold	No		N/A
20		Common Cold	No		N/A
20		Other / Unspecified	No		N/A
20		Common Cold	No		N/A
20		Common Cold	No		N/A
21		Allergies	No		N/A
22		Allergies	No		N/A
25		I CAN NOT REMEMBER !	No		N/A
25		I CAN NOT REMEMBER !	No		N/A
25		Common Cold	No		N/A
25		Common Cold	No		N/A
25		I CAN NOT REMEMBER !	No		N/A
25		I CAN NOT REMEMBER !	No		N/A
25		Common Cold	No		N/A
25		Common Cold	No		N/A
26		Common Cold	No		N/A
27		Common Cold	No		N/A
27		Common Cold	No		N/A
28		I CAN NOT REMEMBER !	No		N/A
29		Allergies	No		N/A
30		I CAN NOT REMEMBER !	No		N/A
32		Common Cold	No		N/A
35		Allergies	No		N/A
5		I CAN NOT REMEMBER !	No		N/A
10		Allergies	No		N/A
25		Common Cold	No		N/A
25		Common Cold	No		N/A
20		I CAN NOT REMEMBER !	No		N/A
3	6	Common Cold	No		N/A
2		I CAN NOT REMEMBER !	No		N/A
	6	Common Cold	No		N/A
10	4	Allergies	No		N/A
11		Allergies	No		N/A
20		Common Cold	No		N/A
4	1	Common Cold	No		N/A
	4	Common Cold	No		N/A
4		Common Cold	No		N/A
9		Pregnancy	No		N/A
4	5	Allergies	No		N/A
13		Common Cold	No		N/A
	2	Common Cold	No		N/A
7		Allergies	No		N/A
10		Common Cold	No		N/A
10		I CAN NOT REMEMBER !	No		N/A
10		Common Cold	No		N/A
	7	Common Cold	No		N/A
1	4	Pregnancy	No		N/A
6		Allergies	No		N/A
10		I CAN NOT REMEMBER !	No		N/A
7		Allergies	No		N/A
0	8	Common Cold	No		N/A
17		Common Cold	No		N/A
	6	Common Cold	No		N/A
2		Common Cold	No		N/A
	1	Common Cold	No		N/A
	11	Common Cold	No		N/A
18	3	Injury To Nasal / Facial Area	No		N/A
3		Allergies	No		N/A
15		I CAN NOT REMEMBER !	No		N/A
10		Allergies	No		N/A
4		Common Cold	No		N/A
15		Allergies	No		N/A
2		Common Cold	No		N/A
1	2	Deviated Septum	No		N/A
	8	Allergies	No		N/A

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
16		I CAN NOT REMEMBER !	No		N/A
2		Other / Unspecified	No		N/A
15	0	Allergies	No		N/A
	6	Common Cold	No		N/A
5	0	Other / Unspecified	No		N/A
10		Common Cold	No		
4	0	Common Cold	No		
5	0	Allergies	No		
0	4	Allergies	No		
1	5	I CAN NOT REMEMBER !	No		
4	6	I CAN NOT REMEMBER !	No		
5	6	Common Cold	No		
2	7	Common Cold	No		
2		Common Cold	No		
2		Common Cold	No		
2		Common Cold	No		
2		Common Cold	No		
3		Common Cold	No		
3		I CAN NOT REMEMBER !	No		
3		Common Cold	No		
5		Allergies	No		
5		Common Cold	No		
5		Pregnancy	No		
5		Common Cold	No		
8		Other / Unspecified	No		
8		Pregnancy	No		
10		Common Cold	No		
10		Injury To Nasal / Facial Area	No		
10		Injury To Nasal / Facial Area	No		
12		Common Cold	No		
13		Common Cold	No		
14		Common Cold	No		
15		Other / Unspecified	No		
15		Common Cold	No		
15		Common Cold	No		
20		Allergies	No		
20		I CAN NOT REMEMBER !	No		
25		I CAN NOT REMEMBER !	No		
35		Allergies	No		
10		Common Cold	No		
18	4	Common Cold	No		
1		Common Cold	No		
30		Allergies	No		
30		Common Cold	No		
	6	Allergies	No		
3		Common Cold	No		
	1	Common Cold	No		
	6	Pregnancy	No		
2	6	Common Cold	No		
2	6	Common Cold	No		
	3	Common Cold	No		
4	6	Common Cold	No	I am so embarrassed, but a very worried as to the long term effects and have tried, unsuccessfully twice.	
15		Allergies	No		
1	0	Common Cold	No		
35		Common Cold	No		
	3	Pregnancy	No		
	2	Common Cold	No		
17		Common Cold	No		
	6	Allergies	No		
15		Allergies	No		
5		I CAN NOT REMEMBER !	No		
3		Common Cold	No		
5		Common Cold	No		
4		I CAN NOT REMEMBER !	No		
	6	Allergies	No		
4		Other / Unspecified	No		
35		I CAN NOT REMEMBER !	No		

Length Of Addiction		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
20		Other / Unspecified	No		
15		I CAN NOT REMEMBER !			
0	8	I CAN NOT REMEMBER !	No		
0	3	Allergies	No		No
0	3	Allergies	No		
0	6	Common Cold	No		
1		Allergies	No		
1		Common Cold	No		
1	4	Allergies	No		
1	8	Allergies	No		
1	0	Common Cold	No		
1	4	Common Cold	No		
1		Common Cold	No		
1	2	Common Cold	No		
1	6	Common Cold	No		No
1		Common Cold	No		
2	0	Allergies	No	Multiple decongestants that made me drowsy and ineffective at work	No
2		I CAN NOT REMEMBER !	No		
2	3	Allergies	No		
2	0	Deviated Septum	No		
2	6	Allergies	No		
2	3	Common Cold	No		No
2		Allergies	No		
2	6	Common Cold	No		
2	5	Allergies	No		No
2		Common Cold	No		
3		Common Cold	No		
3		Allergies	No		
3		Other / Unspecified	No		No
3		Common Cold	No		
3		I CAN NOT REMEMBER !	No		
3		Allergies	No		
3	0	Deviated Septum	No		
3		Common Cold	No		
3	5	Pregnancy	No	N/A	No
3		I CAN NOT REMEMBER !	No		
3		Common Cold	No		
3		Allergies	No		
3		Common Cold	No		
4		Common Cold	No		
4	2	Injury To Nasal / Facial Area	No		
4		Common Cold	No		No
4	6	Common Cold	No		No
4	6	Common Cold	No		No
5	3	Allergies	No		
5		I CAN NOT REMEMBER !	No		
6	3	Allgemeine Kälte	No		
6		Common Cold	No		
7		Allergies	No		
8		I CAN NOT REMEMBER !	No		No
8		I CAN NOT REMEMBER !	No		No
8		Common Cold	No		
8	9	Pregnancy	No		
8		Common Cold	No		
8	0	Allergies	No		No
8	0	Common Cold	No		
9	6	Common Cold	No		
10		Allergies	No		
10		Other / Unspecified	No		No
10		Common Cold	No		
10	0	Common Cold	No		
10		Common Cold	No		
12		Allergies	No		No
12		Allergies	No		
13		Pregnancy	No		
13	6	Pregnancy	No		
13		Common Cold	No		
15		Allergies	No		

<u>Length Of Addiction</u>		Reason For Starting	Physician Consulted?	Treatment Prescribed	Success?
Years	Months				
15		I CAN NOT REMEMBER !	No		
15		Common Cold	No		
16		Allergies	No		
17		Common Cold	No		
18		Allergies	No		
18	6	Pregnancy	No		
20		I CAN NOT REMEMBER !	No		
20		Common Cold	No		
20		Common Cold	No		No
20		I CAN NOT REMEMBER !	No		
20		Common Cold	No		No
20		I CAN NOT REMEMBER !	No		
20		Common Cold	No		
20		Common Cold	No		
22		Allergies	No		
23		Allergies	No		
25		Common Cold	No		
25	0	Common Cold	No		
30		I CAN NOT REMEMBER !	No		
30		I CAN NOT REMEMBER !	No		
30		Common Cold	No		
33		Common Cold	No		
35		Common Cold	No		
5		Common Cold	No		
3		Other / Unspecified	No		
2		Allergies	No		
6		Other / Unspecified	No		
2		Allergies	No		
2		Common Cold	No		
2		Pregnancy	No		
4		Common Cold	No		
6		Allergies	No		
		Allergies	No		
10		Other / Unspecified	No		
3		Pregnancy	No		
1		Pregnancy	No		
6		Common Cold	No		
1		Common Cold	No		