

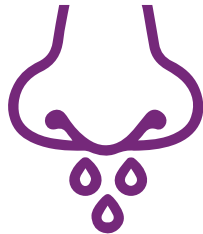
Rhinitis, Chronic Rhinosinusitis & Severe Asthma

WHAT IS RHINITIS?

Inflammation of the nasal mucous membranes.

Symptoms:

- Nasal obstruction
- Nasal discharge
- Sneezing



Can be allergic or non-allergic

WHAT IS CHRONIC RHINOSINUSITIS (CRS)?

Persistent inflammation in the nose & sinuses (>3 months)

Symptoms:

- Nasal obstruction
- Nasal discharge
- Facial pain/pressure
- Loss of smell
- May include polyposis



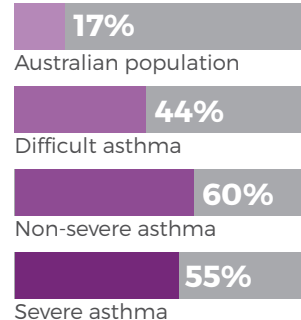
HOW DOES IT RELATE TO ASTHMA?



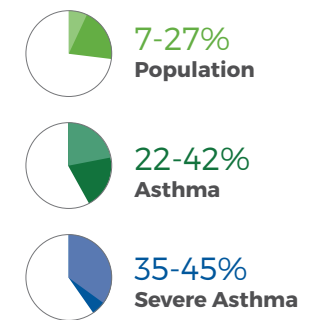
Comorbid nasal disease contributes to **reduced asthma control** and **quality of life** and **increased attacks**



ALLERGIC RHINITIS



CHRONIC RHINOSINUSITIS



DIAGNOSIS:

- Specific clinical history
- Questionnaires
 - » Total Nasal Symptom Score (TNSS)
 - » Sino-Nasal Outcome Test (SNOT22)
- Allergy testing (to identify allergic triggers)
- Rhinoscopy or nasendoscopy (to assess for polyps)
- Computed tomography (CT) imaging of the sinuses (to identify CRS)



MANAGEMENT OPTIONS:

Treatment of rhinitis can improve asthma outcomes. Options include:

- Allergen avoidance
- Intranasal corticosteroids
- Allergen-specific immunotherapy



Additional options for CRS:

- Saline lavage
- Polypectomy or sinus surgery
- Medications (macrolides or LTRA)