



Allergic Rhinitis and Associated Conditions

Introduction

Allergic rhinitis (AR) is an immunoglobulin E (IgE)-mediated inflammatory disease affecting the upper airways.¹
AR is associated with conditions like **nasal congestion**, **chronic rhinosinusitis**, and **nasal polyps**.^{1,2}

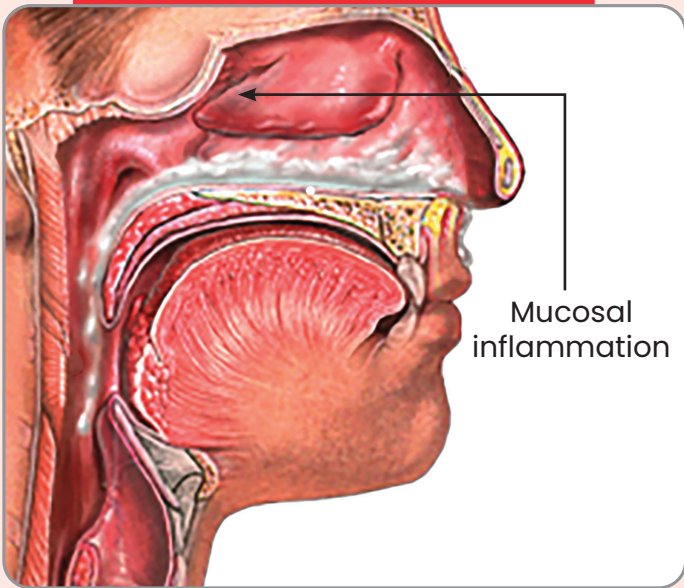


Scan for regional languages

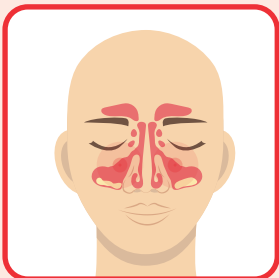
Associated conditions

1. Nasal congestion

Involves increased nasal secretions and reduced nasal airflow²

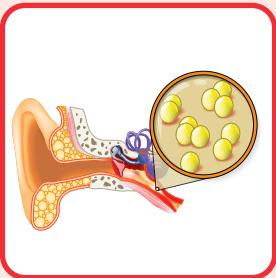


Complications

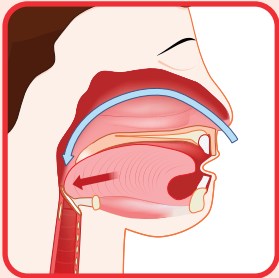


Sinusitis³

Middle ear infection³

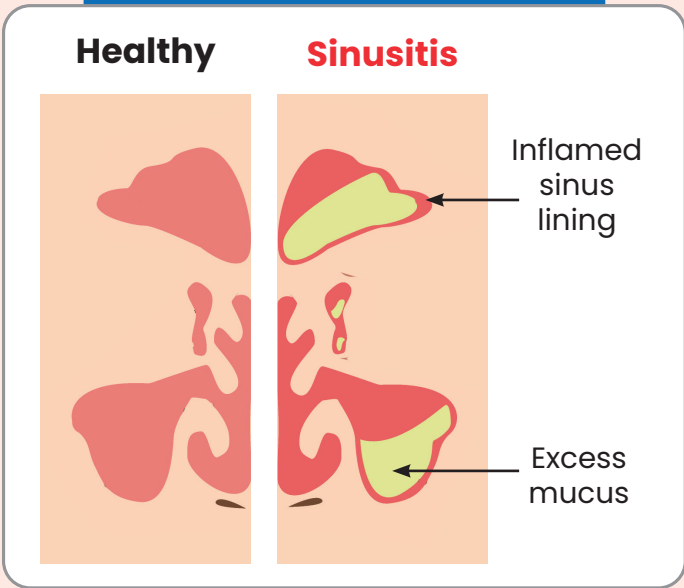


Obstructive sleep apnea⁴

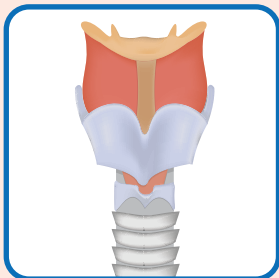


2. Chronic rhinosinusitis

Chronic inflammation of the sinus for >12 weeks⁵

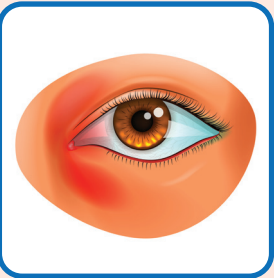


Complications

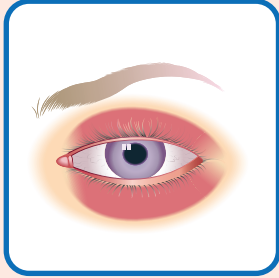


Laryngitis⁵

Dacryocystitis⁵

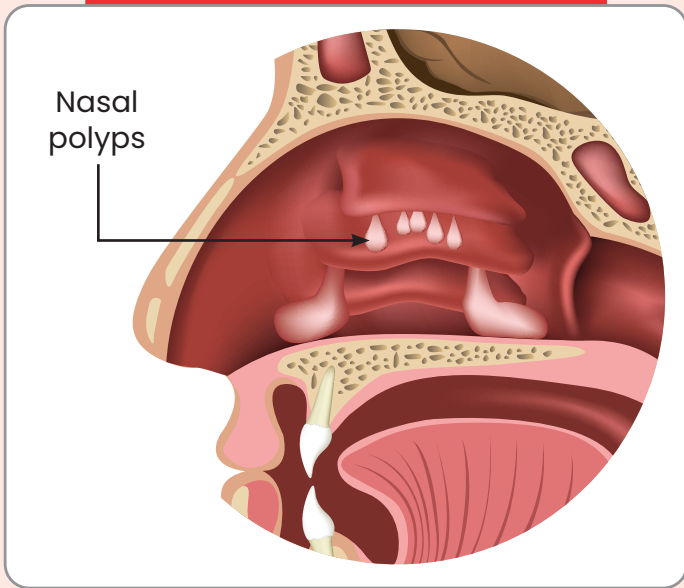


Orbital cellulitis⁵



3. Nasal polyps

Benign outgrowths of the sinonasal mucosa⁶

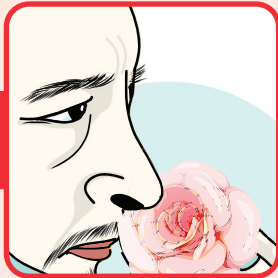


Complications

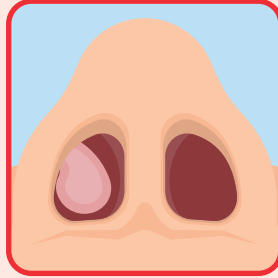


Mucocele⁶

Anosmia⁶



Nasal obstruction⁶



Montelukast 10mg + Levocetirizine 5mg

References: 1. Iordache A, Balica NC, Horhat ID, et al. Allergic rhinitis associated with nasal polyps and rhinosinusitis - Histopathological and immunohistochemical study. *Rom J Morphol Embryol*. 2022;63(2):413-19. 2. Naclerio RM, Bachert C, Baraniuk JN. Pathophysiology of nasal congestion. *Int J Gen Med*. 2010;3:47-57. 3. Professional CC medical. Nasal congestion (stuffy nose): What it is, causes & treatment [Internet]. 2023 [cited 2023 Dec 1]. Available from: <https://my.clevelandclinic.org/health/diseases/17980-nasal-congestion> 4. Obstructive sleep apnea [Internet]. Mayo Clinic. 2023 [cited 2023 Dec 1]. Available from: <https://www.mayoclinic.org/diseases-conditions/obstructive-sleep-apnea/symptoms-causes/syc-20352090> 5. Kwon E, O'Rourke MC. Chronic sinusitis. [Updated 2023 Aug 8]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK560746/> [Updated 2023 Jul 31]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK560746/>

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