

RHINITIS: KNOW THE FACTS

Are allergy-like symptoms being caused by allergies or by another condition!

Rhinitis is the inflammation of the mucous lining of the nose. The nose normally produces fluid called mucus. This fluid is normally thin and clear and helps keep dust, debris and allergens out of the lungs. When the nose becomes irritated, it may produce more mucus, which becomes thick and pale yellow.

Most often it's described as a stuffy nose, although some would rather describe it as runny nose or excessive sneezing.

This resource is intended to help educate patients on types of rhinitis, causes and symptoms, diagnosis and treatment options.

01 | Types of Rhinitis

Rhinitis is generally classified into several types:

- **Allergic rhinitis:** caused by an allergic reaction that may be seasonal or all year round.
- **Non-allergic rhinitis:** may be caused by overuse of topical nose sprays, hormonal changes, structural abnormalities of the nose (such as septal deviation), and occasionally by medications.
- **Infectious rhinitis:** the most widespread and often classified as the common cold.

02 | Causes & Symptoms

Rhinitis may be caused by irritants or allergens. In response to these substances, the cells of the body release histamine and other chemical mediators.

These are the substances that cause the symptoms of rhinitis – sneezing, runny nose, itching, congestion and watery eyes.

03 | Diagnosis

Initial evaluation can include physical examination which may include an allergy test. Rhinoscopy may also be performed in the evaluation of rhinitis. The Rhinolaryngoscope is used to identify structural abnormalities which may be the cause of the rhinitis versus allergy issues.

04 | Treatment Options

Most cases of rhinitis go away once the source of irritation is gone. The most common medication used to control rhinitis are antihistamines. The most effective medications for allergic rhinitis are the prescription corticosteroid nose sprays that reduce allergic inflammation.

In many people, rhinitis is a temporary condition that clears up on its own after a few days. In others, especially those with allergies, rhinitis is a chronic problem—one that is nearly always present or that recurs often.

For additional resources on the management of rhinitis please visit: www.aafa.org

***Did You Know?**
Allergic Rhinitis affects over
50 million people in the US.*

References

<http://acaai.org/news/facts-statistics/allergies>
<https://www.aafa.org/>
<http://www.webmd.com/allergies/tc/allergic-rhinitis-symptoms>