

The Stuffy Nose

WH & Primary Care Webinar 16 May 2024

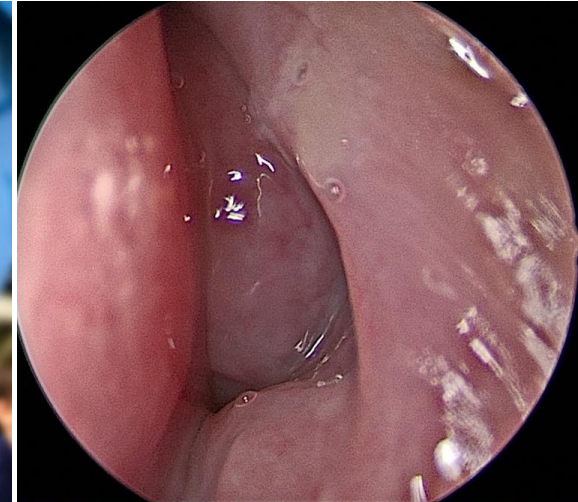
Dr Richmond Lim
ENT Consultant
Woodlands Health

The Stuffy Nose

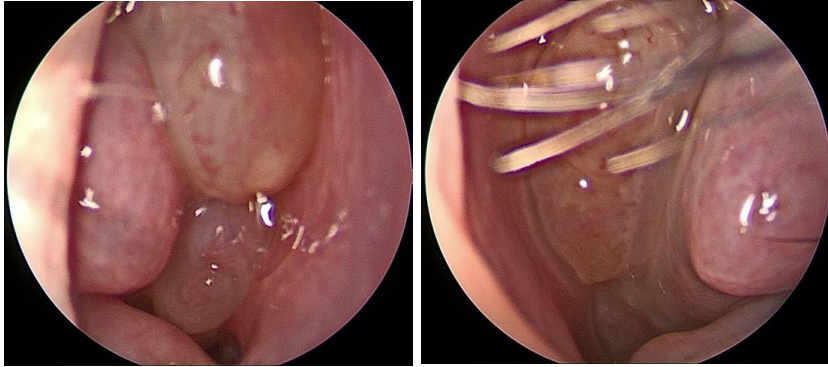
- AR and CRS
- Variant anatomy
- Rarer causes
- What can we do for our patients?

Allergic Rhinitis...

- Sneezing, itching, dripping, congestion
- Atopy: asthma, allergic conjunctivitis, eczema
- Triggers: HDM, pets, cockroach, grass, mold



... VS Chronic Rhinosinusitis

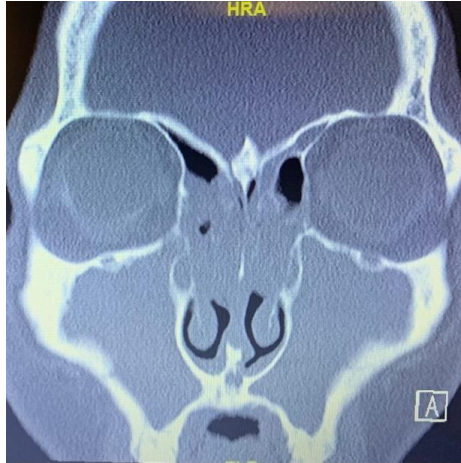


- Congestion, purulent discharge, loss of smell, facial pain/tenderness
- Primary sinusitis
- Secondary sinusitis (tumours, odontogenic, immunodeficiency, systemic disease)

Conditions associated with AR



Atopy



Sinusitis



OSA



OME, ETD

AR Primary Care



Antihistamines
Decongestants (limit)



INS + Top Antihistamines



Intranasal steroids



<https://www.fiercebiotech.com/biotech/merck-alk-s-dust-mite-immunotherapy-gains-fda-review>

Allergen avoidance

CRS Primary Care



Intranasal steroids



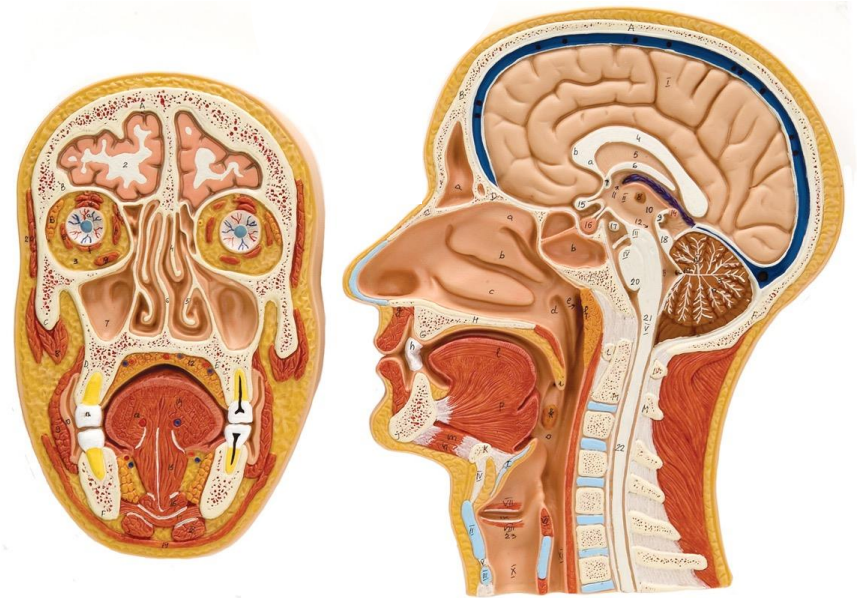
Nasal
douche ±
Budesonide



Antibiotics
Oral steroids

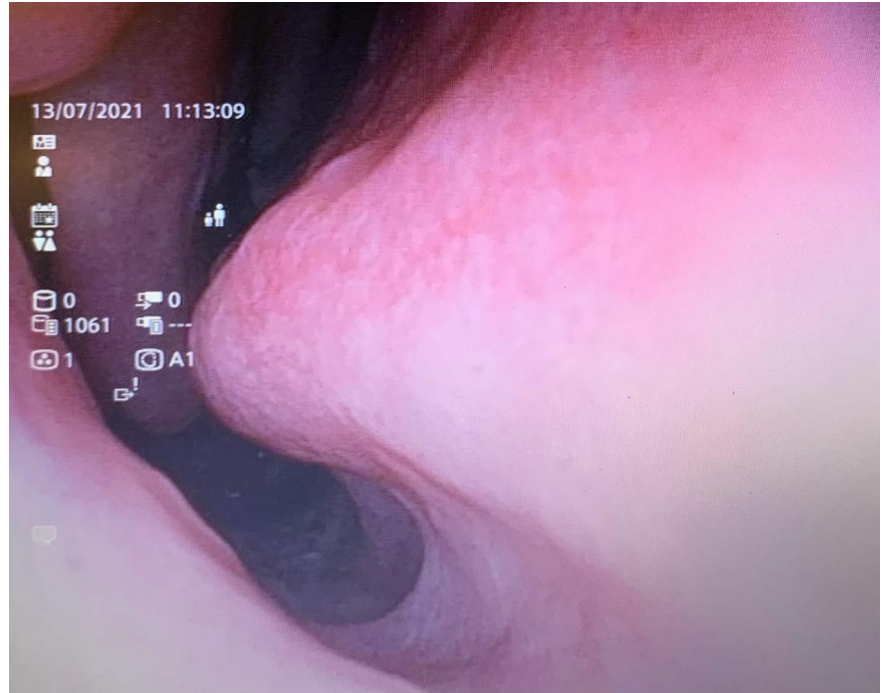
Compliance to treatment

- Onset of action
 - INS - 2-3 hours
 - PO Antihistamine - 30-60 min
 - Intranasal antihistamines - 15 min
- Correct technique
 - Side wall - use contralateral hand
 - Inspiration better than breath holding



Variant Anatomy

- Deviated nasal septum
- Dynamic alar collapse



Nasal Masses

- Red flags
 - Blood stained saliva/mucus
 - Lymphadenopathy
 - Family/personal history of CA
 - Extra-nasal involvement
 - Persistently unilateral symptoms

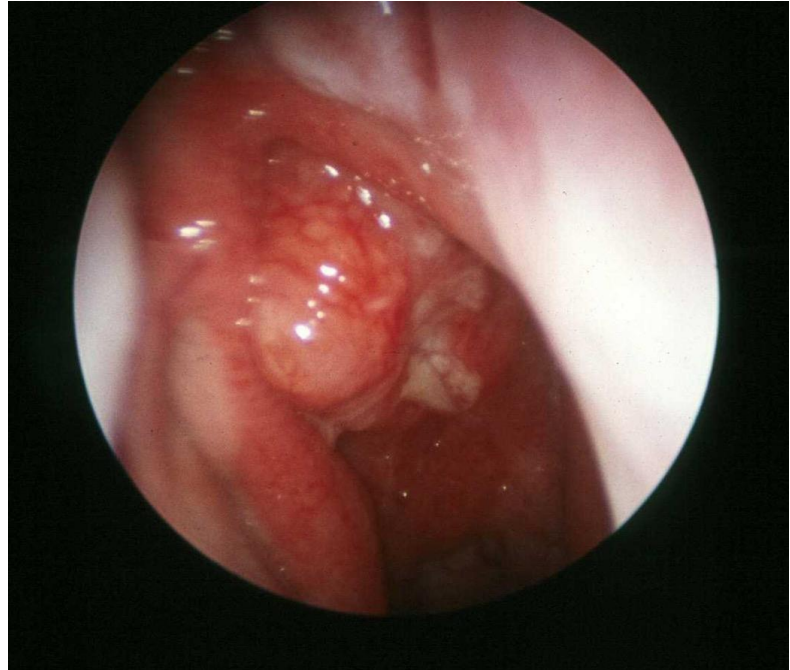


<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6533445/>

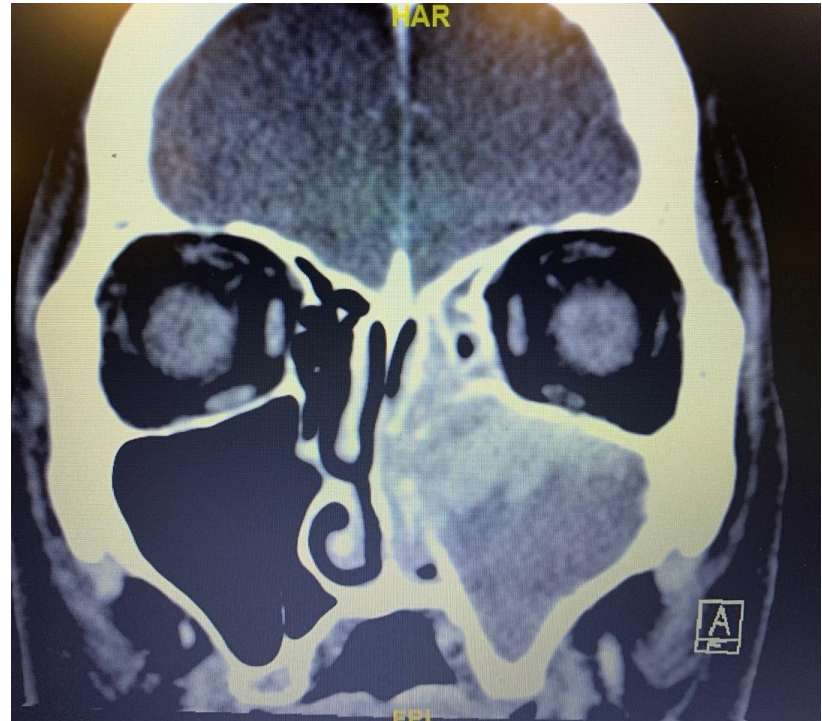
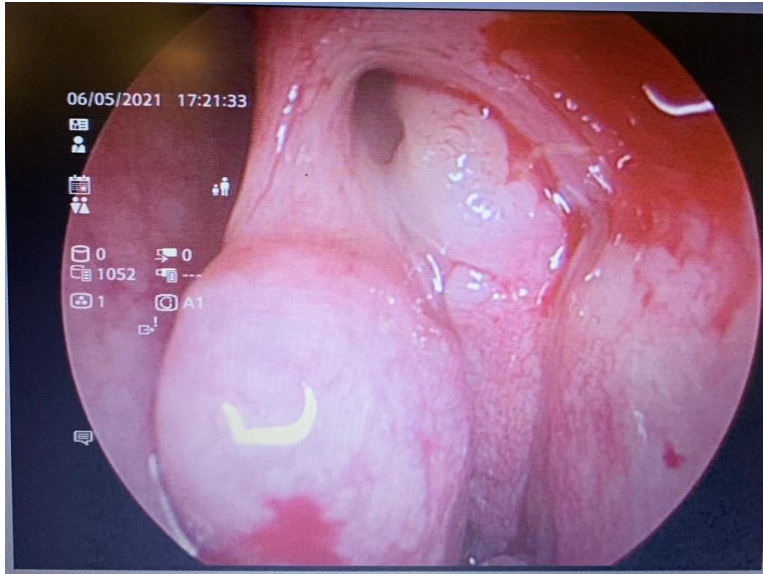


<https://thecatsite.com/threads/bloody-mucus.418991/>

Nasal Masses - Malignancy



Nasal Masses - Benign



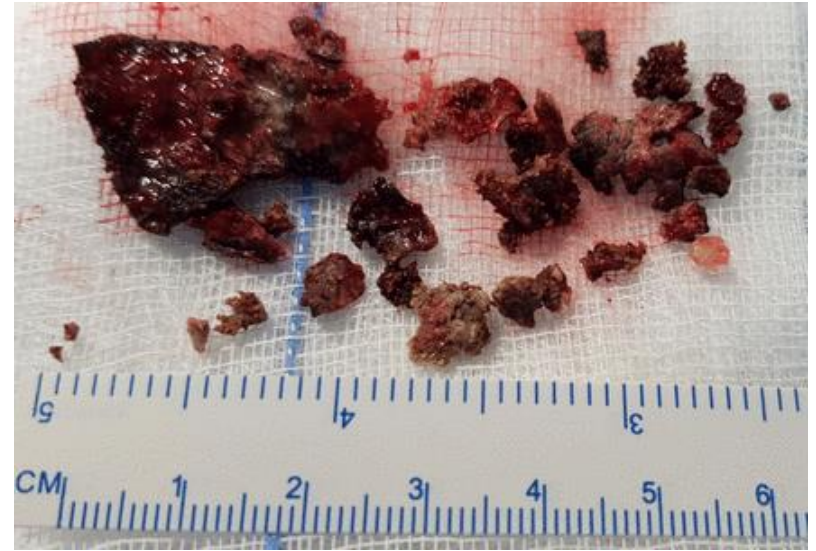
Nasal Masses - rarer things...

Meningocele



Nasal Masses - rarer things...

Rhinoliths



<https://casereports.bmj.com/content/11/1/e227587>

What can ENT do?

- Exclude red flag conditions
- Correct structural problems
- Allergen testing and immunotherapy
- FESS for CRS
- Vidian neurectomy, Posterior nasal nerve cryotherapy
- Immunologics

