Background

- Allergic rhinitis is a common chronic inflammatory disorder of the nasal mucosa characterized by symptoms such as nasal congestion, sneezing, itching, and rhinorrhea.
- The disease is a significant public health issue, affecting millions of people worldwide.
- The mainstay of management is pharmacotherapy, including antihistamines, decongestants, and leukotriene modifiers.
- Non-pharmacologic treatments, such as allergen avoidance and immunotherapy, are also commonly used.

Methods

- This retrospective cohort study used data from the National Health Interview Survey (NHIS) and the National Health and Nutrition Examination Survey (NHANES).
- The NHIS provides data on health and health care experiences of the US population, while NHANES is a nationally representative survey of US civilians.
- Data were extracted from the NHIS and NHANES using standardized procedures.

Results

- The study found a significant association between allergic rhinitis and the use of certain prescription medications.
- Specifically, there was a higher prevalence of medications for depression, anxiety, and headache among individuals with allergic rhinitis compared to those without.
- The findings suggest that allergic rhinitis may contribute to the development of comorbid conditions, highlighting the need for comprehensive management approaches.

Conclusions

- The results of this study underscore the importance of integrated care in managing allergic rhinitis, which involves addressing the underlying condition as well as concomitant conditions.
- Further research is needed to explore the mechanisms underlying these associations and to develop effective management strategies.

References


Disclosures

No disclosures.