



# Central West Specialists

## Ear, Nose & Throat Specialist

### ***NON ALLERGIC RHINITIS***

Sometimes no underlying allergy can be found for nasal obstruction, runny nose and sneezing. The problem can come on with things such as cold air, change in humidity, tiredness and stress. Other irritants such as cigarette smoke, air conditioning and central heating seem to particularly upset the lining of the nose rather than a true allergy. The nose is just very sensitive to the environment.

#### **TREATMENTS:**

**Topical steroids:** These nasal sprays such as Rhinocort, Beconase and Aldecin settle the nasal lining down and are usually very effective at stopping the obstruction, the runny nose and sneezing. They are all nasal forms of medications used for asthma and have a very safe track record with virtually no side effects apart from occasionally some slight nasal bleeding.

**Nasal Atrovent:** This medication which is also an asthma medicine is very effective in many cases of watery runny nose.

#### **Avoidance of such irritates such as cigarette smoke and air conditioning:**

Very low humidity which can be caused by air conditioning does seem to be particularly irritating to the nose.

#### **DRUG INDUCED RHINITIS:**

Over the counter nasal sprays such as Drixine and Otrovin are very effective for short term nasal obstruction. However, after 2 weeks an increasing amount of medication is needed to achieve the same effect and very soon settle down within few days of stopping the medication. Topical steroids such as Aldecin or Rhinocort, inhalations, oral decongestants such as Sudafed, and occasionally Prednisone which is a powerful oral steroid can be used for a short time to help settle the nose down and allow things to return to normal.

Aspirin intolerance can also cause nasal problems. The main symptom usually being a watery runny nose. Sometimes Aspirin is thought to cause both asthma and nasal polyps. Unfortunately it is very difficult to completely exclude Aspirin from the diet as it is in a host of common foods.

Many drugs used for blood pressure can cause nasal stuffiness. You should discuss this with your local Doctor if your nasal problems have come on after commencing treatment for blood pressure. Medications used for Migraine may also cause similar problems.

#### **OTHER CAUSES FOR NASAL OBSTRUCTION:**

Other causes for swelling of the nose causing nasal stuffiness include Pregnancy and stress. Stress can cause the nose to become blocked by nervous changes in the nasal lining causing swelling.

#### **SURGICAL TREATMENT FOR NASAL OBSTRUCTION:**

**Dr Peter Bryan F.R.A.C.S.**

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If medical treatment for nasal swelling is not effective the size of the largest turbinates inside the nose can be reduced surgically. This requires 1-2 nights in hospital and a short general anaesthetic. This will very often give satisfactory long term relief of this troublesome condition.

**Dr Peter Bryan F.R.A.C.S.**

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