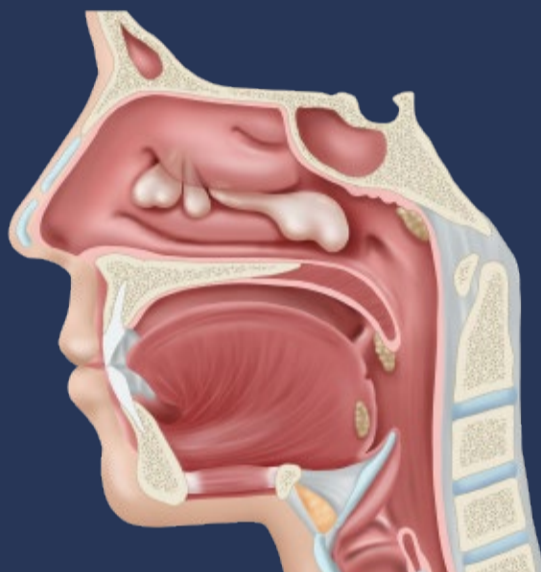




¿CUÁLES SON LOS LOS SIGNOS Y SÍNTOMAS DE LA RINOSINUSITIS CRÓNICA CON PÓLIPOS NASALES?

Los pacientes con Rinosinusitis Crónica con Pólipos Nasales (RSCcPN)

experimentan fuertes síntomas y tienen una calidad de vida reducida¹:



Síntomas Nasales²

- Congestión y goteo nasal persistente
- Reducción del sentido del gusto y del olfato
- Estornudos

Síntomas faciales y del oído²

- Dolor y presión facial
- Dolor y presión en los oídos
- Mareos

Impacto en la calidad de vida²

- Dificultad para conciliar y mantener el sueño
- Fatiga
- Despertarse cansado (a)
- Concentración y productividad reducida

Síntomas psicológicos²

- Frustración, inquietud e irritabilidad
- Tristeza
- Vergüenza

Material diseñado con fines educativos y contiene recomendaciones generales que en ningún caso pretenden reemplazar la consulta médica. Estas recomendaciones deben ser discutidas y acordadas con su médico tratante. La información presentada en este material está basada en las siguientes fuentes de referencia. Referencias bibliográficas: 1. W. Folkens, V. Lund y J. Mullol, "European Position Paper on Rhinosinusitis and Nasal Polyps", *Rhinology*, vol. 50, no. 1, pp. 1-12, 2012. 2. A. Kato et al, "Immunopathology of chronic rhinosinusitis", *Allergol Int*, vol. 64, no. 2, pp. 121-30, 2015. 3. J. R. Newton, K. W. Ah-See, "A review of nasal polyposis", *Ther Clin Risk Management*, vol. 4, no. 2, pp. 507-12, 2008. 4. D. Stull, L. Roberts, L. Frank y K. Heithoff, "Relationship of nasal congestion with sleep, mood, and productivity", *Curr Med Res Opin*, vol. 23, no. 4, pp. 811-9, 2007. 5. S. Nordin, E. Henden Blomqvist y P. Olsson, "Effects of smell loss on daily life and adopted coping strategies in patients with nasal polyposis with asthma", *Acta Otolaryngol*, vol. 131, no. 8, pp. 826-32, 2011. 6. J. R. Livack, J. Mace y T. Smith, "Olfactory function and disease severity in chronic rhinosinusitis", *Am J Rhinol Allergy*, vol. 23, no. 2, pp. 139-144, 2009. 7. M. Stewart, B. Ferguson y L. Fromer, "Epidemiology and burden of nasal congestion", *Int J Gen Med*, vol. 3, pp. 37-45, 2010. 8. A. Shedden, "Impact of nasal congestion on quality of life and work productivity in allergic rhinitis: findings from a large online survey", *Treat Respir Med*, vol. 4, no. 6, pp. 439-446, 2005. 9. N. A. Gandhi, B. L. Bennett, N.M. Graham, et al, "Targeting key proximal drivers of type 2 inflammation in disease", *Nat Rev Drug Discov*, vol. 15, no. 1, pp. 35-50, 2016. 10. M. Matsusaka, H. Kabata y K. Fukunaga, "Phenotype of asthma related with high serum periostin levels", *Allergol Int*, vol. 64, no. 2, pp. 175-80, 2015. 11. M. R. Chaaban, E. Walsh y B. Woodworth, "Epidemiology and differential diagnosis of nasal polyposis", *Am J Rhinol Allergy*, vol. 27, no. 6, pp. 473-478, 2013. 12. DeConde AS, Mace JC, Levy JM, Rudmik L, Alt JA, Smith TL. Prevalencia de la recurrencia de pólipos después de la cirugía endoscópica de senos para la rinosinusitis crónica con poliposis nasal. *El laringoscopio*. 2017 Mar;127(3):550-5. 13. J. Stankiene et al, "Association of chronic rhinosinusitis with nasal polyps and asthma: clinical and radiological features, allergy and inflammation markers", *Medicina (Kaunas)*, vol. 44, no. 4, pp. 257-265, 2008. 14. L. Rudmik, T. L. Smith y R. J. Schlosser, "Productivity costs in patients with refractory chronic rhinosinusitis", *Laryngoscope*, vol. 124, no. 9, pp. 2007-2012, 2014. 15. T. Van Zele, P. Gevaert y G. Holtappels, "Oral steroids and doxycycline: two different approaches to treat nasal polyposis", *J Allergy Clin Immunol*, vol. 125, no. 5, pp. 1069-1076, 2010. 16. P. Hissaria, W. Smith y P. Wormald, "Short course of systemic corticosteroids in sinonasal polyposis: a double-blind, randomized, placebo-controlled trial with evaluation of outcome measures", *J Allergy Clin Immunol*, vol. 118, no. 1, pp. 128-133, 2006. 17. L. Rudmik and Z. Soler, "Medical Therapies for Adult Chronic Sinusitis: A Systematic Review", *JAMA*, vol. 314, no. 9, pp. 926-939, 2015. Referencias 18. C. Philippot, C. Hopkins, S. Erskine et al, "The burden of revision sinonasal surgery in the UK—data from the Chronic Rhinosinusitis Epidemiology Study (CRES): a cross-sectional study", *BMJ Open*, vol. 5, no. e006680, 2015. 19. A. Khan, G. Vandeplas, T. Huynh and V. Joish, "The Global Allergy and Asthma European Network (GALEN) rhinosinusitis cohort: a large European cross-sectional study of chronic rhinosinusitis patients with and without nasal polyps", *Rhinology*, vol. 57, no. 1, pp. 32-42, 2019. 20. N. Bhattacharyya, S. Villeneuve and V. Joish, "Cost burden and resource utilization in patients with chronic rhinosinusitis and nasal polyps", *Laryngoscope*, vol. 129, no. 9, pp. 1969-1975, 2019. 21. A. Beule, "Epidemiology of chronic rhinosinusitis, selected risk factors, comorbidities, and economic burden", *Head Neck Surg*, vol. 14, pp. 1-31, 2015. 22. A. Hirsh, W. Stewart and A. Sundaresan, "Nasal and sinus symptoms and chronic rhinosinusitis in a population-based sample", *Allergy*, vol. 72, no. 2, pp. 274-81, 2017. 23. J. Hedman, J. Kaprio, T. Poussa and M. Nieminen, "Prevalence of asthma, aspirin intolerance, nasal polyposis and chronic obstructive pulmonary disease in a population-based study", *International Journal of Epidemiology*, vol. 28, no. 4, pp. 717-722, 1999. 24. P. Gevaert, L. Calus and N. van Bruene, Allergic Sensitization, "High Local IL-5 and IgE Predict Surgical Outcome 12 Years after Endoscopic Sinus Surgery for Chronic Rhinosinusitis with Nasal Polyposis", *Allergy Clin Immunol*, 135(2):1, 2015. MAT-CD-2201521-05/2022