



VASOMOTOR RHINITIS

Vasomotor Rhinitis is a condition where the glands in the nose, throat, sinuses, and eyes are over active. "Vaso" means blood vessels and "motor" refers to the nerves, which innervates nasal tissue and the blood vessels. This is sometimes referred to as idiopathic non-allergic rhinitis. It is estimated that up to 10% of the population suffers from non-allergic rhinitis. The nostrils and the glands of the nose function to filter out pollutants, dust, germs, and other unwanted materials from the air that we breathe to prevent these materials from getting into the lungs. Sometimes these glands will be over active and will respond to various triggers in a more prolonged and exaggerated way compared to the general population resulting in symptoms that mimic allergies. This condition is called Vasomotor Rhinitis.

Some of the more common symptoms associated with Vasomotor Rhinitis are the same as those for allergies which include sneezing, nasal congestion, post nasal drip, irritated throat, runny nose, headaches, and itchy, watery eyes. These symptoms may be anywhere from mild to severe depending on the conditions. Some of the more common sensitivities or triggers that contribute to this problem include exposure to cigarette smoke and various fumes including perfumes, colognes, and detergent smells, and changes in the weather, which include changes in barometric pressure, humidity, and temperature. Other factors that might be involved include stress, alcohol, spicy foods, various medications, especially birth control pills or hormone replacements, and also, especially for women, various internal hormonal changes can have a marked influence on this condition.

This is usually diagnosed by taking a careful history and performing a thorough exam of the nose and throat. In addition, allergy testing (skin prick test) should be performed to make sure there is no allergic basis for some of the symptoms since this would affect our treatment approach.

Vasomotor Rhinitis is not curable, however, in most cases, it can be controlled. It is rare to achieve 100% control. Usually, we can expect to see a 25-75% reduction in symptoms with proper medications and periodic follow-up. Fortunately, in this day and time, we do have medications that can help control the symptoms, whereas five years ago, these medications did not exist.

It is important to realize that Vasomotor Rhinitis can be difficult to control. Continued communication with Dr. DelasAlas and his medical team is essential in formulating the right medication or combination of medications that will work best in controlling this condition to your satisfaction. If the medications that Dr. DelasAlas prescribes are not working, please relay this information to him so that he can make the proper adjustments. If the medications are working, this information also needs to be discussed with Dr. DelasAlas so that refinements can be made in the medical regimen.

You should be assured that Vasomotor Rhinitis is not at all related to anything that you are doing or have done and that it is related to internal reactions beyond your control. It is your body that is determining the degree of symptoms that you are having. This is not related to allergies; therefore, you should not be concerned with the pollen count as this will make no difference in your symptoms. It is not related to what you are eating (except possibly spicy foods) or what you are doing and again, it is internal factors themselves that decide to express itself in this unwanted way.

We at the Allergy and Asthma Center of Duncanville are here to help you in any way possible and all we ask is that you remain in good communication with us so that we may do the best job in helping serve you.

WE AT THE ALLERGY AND ASTHMA CENTER OF DUNCANVILLE ARE COMMITTED TO PROVIDING YOU AND YOUR FAMILY WITH THE BEST POSSIBLE HEALTH CARE ANYWHERE.

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