

European Respiratory Society Annual Congress 2012

Abstract Number: 2419

Publication Number: P508

Abstract Group: 1.11. Clinical Problems - Asthma

Keyword 1: Comorbidities **Keyword 2:** Asthma - mechanism **Keyword 3:** Rhinitis

Title: Interrelations of rhinitis, rhinosinusitis and bronchial asthma, associated with stressful life events

Mr. Evgeny 17573 Nemerov nemerevg@mail.ru . ¹ Therapy, Siberian State Medical University, Tomsk, Russian Federation, 634041 .

Body: One of the causes of ineffective treatment of bronchial asthma (BA) is comorbid pathology, which is a combination of BA with rhinitis. Aim: To study the characteristics and order of nasal pathology development in persons with BA associated with psychological stresses. 173 patients with BA allocated to 2 groups were studied. The first group included 56 patients in whom the first episode of the disease were associated with stressful life events. The second group included 117 patients in whom the disease was not linked to psychological factors. Results: Nasal pathology was diagnosed only in 25 of 56 (44.6%) patients in the first group and in 106 of 117 (90.6%) in the second one, $p = 0.0000$. Allergic rhinitis was observed in only 6 (10.7%) patients in the first group and in the majority of cases (93 (79.5%) in the second group, $p = 0.0000$, while rhinosinusitis was most frequent in the first group (19 of 56 (33.9%) versus the second one (12 of 117 (10.3%), $p = 0.0000$. The order nasal pathology formation differed markedly between the two groups. So, nasal symptoms preceded the onset of asthma symptoms in the first group considerably rare (7 of 25 (28%) than in the second group (83 of 106 (78.5%), $p = 0.0000$. On the contrary, nasal pathology development against the background of the current asthma was more frequent in the first group (11 of 25 (44%) than in the second one (8 of 106 (7.5%), $p = 0.0000$. Conclusion: Bronchial asthma, the development of which is closely associated with psychological triggers, is not related to nasal pathology in more than half the cases with frequent secondary involvement of the upper airways and predominance of rhinosinusitis over allergic rhinitis.