

The quality of life in chronic rhinosinusitis with nasal polyposis patients with long term usage of clarithromycin in post functional endoscopic sinus surgery

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ABSTRACT

Objective: To evaluate the efficacy of long-term macrolide as an adjuvant therapy in prevention of early recurrence of polyps in patients with chronic rhinosinusitis with nasal polyposis post functional endoscopic sinus surgery (FESS). **Methodology:** The medical records of patients with chronic rhinosinusitis with nasal polyposis who underwent functional endoscopic sinus surgery from 2011 till 2015 were reviewed. Post-operatively, the patients were treated with three different modalities. Group 1 received 2 weeks of Clarithromycin (Klacid MR, 500mg/day). Group 2 received long term (six weeks) of Clarithromycin and Group 3 were those receiving non-macrolide antibiotics. The recurrence of polyposis was compared between the three groups at 1-, 3- and 6-months post FESS using endoscopic score and Sino Nasal Outcome Test-22 (SNOT-22). Electrocardiogram was performed in all patients who received macrolide therapy. Data were analysed using SPSS version 24.0. Wilcoxon signed rank tests were performed to evaluate data. **Results:** A total of 40 adult patients were reviewed during the study period. There was no significant difference in all the parameters at 1-month post FESS. At 3-months, the endoscopic score showed statistically significant in Group 2 (with long term Clarithromycin) $p < 0.05$. Overall, the study showed lower recurrence of polyposis in Group 2 Clarithromycin in all parameters at 6-months post FESS. **Conclusions:** Long term Clarithromycin is effective as an adjuvant therapy in prevention of early recurrence of nasal polyps. No significant electrocardiogram changes were detected in all patients with long term use of Clarithromycin.

An intranasal mass with two pathologies: sphenoidal osteoma and angiofibroma

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ABSTRACT

Osteoma is the most common benign tumour of the nose and paranasal sinuses. However, involvement of the sphenoid sinus by osteoma is rare. Juvenile nasopharyngeal angiofibroma is a highly vascular, benign, yet locally invasive tumour that occurs in preadolescent males. We present a case of a 22-year-old male with incidental finding of osteoma in unusual location and angiofibroma was later discovered histopathologically at the same site.