

# The natural history of allergic

Passali Giulio Cesare<sup>1</sup>, Bellussi Luisa Maria<sup>2</sup>, De Corso Eugenio<sup>1</sup>, Passali Francesco Maria<sup>3</sup>, Passali Desiderio<sup>2</sup>

<sup>1</sup>ENT Department, Catholic University of the Sacred Heart, Medical School, Rome; Italy, <sup>2</sup>ENT Department, University of Siena, Medical School, Siena; Italy, <sup>3</sup>ENT Department, Tor Vergata University of Rome, Medical School, Rome

## ABSTRACT

**Introduction:** Data emerging from various studies on increase of the prevalence of allergic rhinitis in last decades appear to be widely dishomogeneous. Another point that needs a clarification is the relationship between allergic rhinitis and lower airways pathologies such as asthma or bronchitis. **Methods:** We followed the evolution of allergic rhinitis in a group of patients in the last 30 years to highlight the efficacy of different treatments in the prevention of complications, specifically asthma. After 32 years (1980-2012) 46/73 (63%) patients completed the follow up. **Results:** Symptomatic drugs experimented maximum efficacy from 3rd to 8th year with 13 n15 patients reporting an improvement of symptoms; immunotherapy achieved the best efficacy starting from 6th to 10th year (8 out of 10 patients recovered). Subsequently, improvements lowered, in the two groups, to a steady level of 11 out of 15 and 6 out of 10 recovered patients. Asthma developed in three patients out of 46 only among not treated patients. Early intervention may change the natural course of allergic rhinitis, preventing the progression to asthma in particular immunotherapy guarantees, remission of local symptoms and valid protection against district and bronchial complications. Symptomatic treatment represents a valid alternative; it is always to be preferred to abstention from any treatment.

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## Preliminary results of integrated medical-surgical therapy for turbinate hypertrophy

Felice Scasso

ENT Department, Genoa, Italy

## ABSTRACT

Chronic nasal obstruction is one of the most common human complaints and a very frequent symptom in the ear, nose, and throat field. Hypertrophy of the inferior turbinates is the most frequent cause and it could be related to allergy, pseudoallergy, non-allergic rhinitis with eosinophilia syndrome, and iatrogenic rhinopathy. Nevertheless, nowadays hypertrophy of the inferior turbinates causes considerable suffering in most patients. Various medical approaches have been described for the treatment of this condition, but the results are only temporary. Many minimally invasive surgical techniques have been suggested: all with better long-lasting results, but inconstant. To enhance the effects of radiofrequency tissue volume reduction (RFTUR) we treated 20 patients with a therapeutic medical-surgical integration: after a corticosteroid therapy cycle for general and local routes they have been subjected to RFTUR. We evaluated the subjective and rhinomanometric results after 30, 120, 360 days of treatment to evaluate the persistence of results.