



DIAGNOSIS AND INVESTIGATIONS OF ALLERGIC RHINITIS

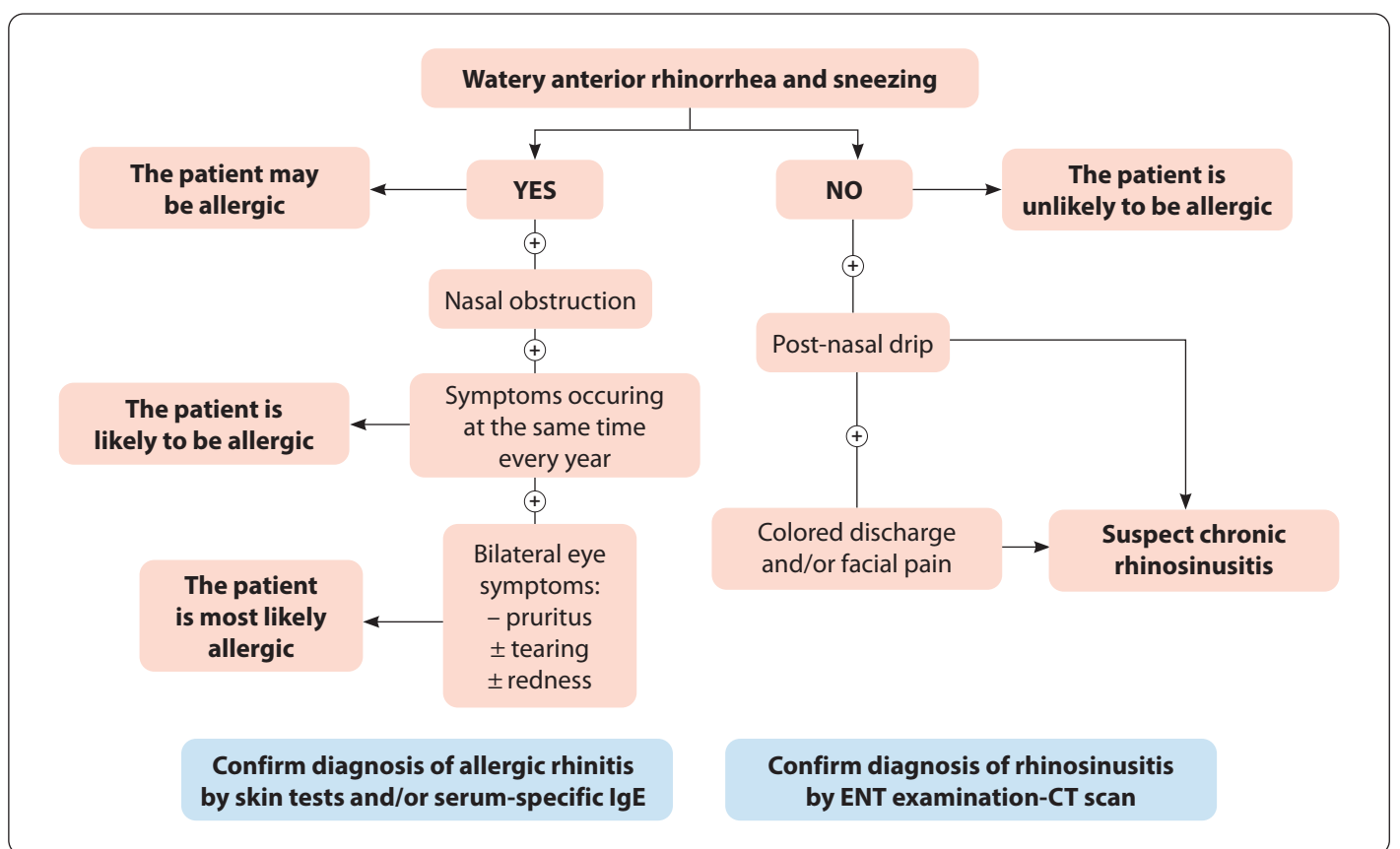
Allergic rhinitis (AR) is a symptomatic disorder of the nose triggered after exposure to allergens.¹

The diagnosis of AR is primarily based upon a typical history of allergic symptoms and diagnostic tests.¹

Symptoms suggestive of AR:
Two or more of the following symptoms for >1 hour on most days like watery rhinorrhea, sneezing, especially paroxysmal, nasal obstruction, nasal pruritus, ± conjunctivitis.¹

Diagnosis Algorithm¹

AR presents symptoms similar to those of a number of other conditions and can be confused with a viral infection such as the common cold and chronic sinusitis.



Skin prick tests¹

- ◆ Major diagnostic tool in the field of allergy.
- ◆ Widely used to demonstrate an IgE-mediated allergic reaction of the skin.
- ◆ Tests should be carried out by trained health professionals.

Serum total and specific IgE^{1,2}

- ◆ Serum-total IgE is measured using radioimmunoassay or enzyme immunoassay.
- ◆ Serum-specific IgE may be requested when skin tests are not possible.
- ◆ The measurement of total IgE is not useful in the diagnosis of AR.

Questions to ask to obtain information for proper diagnosis¹

- ◆ What is your main symptom?
- ◆ Do you have history of hay fever or asthma?
- ◆ How long have you had these symptoms?
- ◆ Do you have the symptoms all the time or do they come and go?
- ◆ Do you have eye symptoms or earache or pain in your face?
- ◆ Is your nasal discharge clear and watery?
- ◆ Do you have a family member with allergy problems?

References

1. Bousquet J, Khaltaev N, Cruz AA, et al. Allergic Rhinitis and its Impact on Asthma (ARIA) 2008 update (in collaboration with the World Health Organization, GA(2)LEN and AllerGen). *Allergy*. 2008;63 Suppl 86:8-160.
2. Scadding GK, Kariyawasam HH, Scadding G, et al. BSACI guideline for the diagnosis and management of allergic and non-allergic rhinitis (Revised Edition 2017; 2007). *Clin. Exp. Allergy*. 2017;47(7):856-89.

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