

RHINITIS MEDICAMENTOSA: PRINCIPLES OF DIAGNOSIS AND TREATMENT

Ye. Bogomolov¹, S. V. Zaikov², S. O. Zubchenko³

¹National Pirogov memorial medical university, Vinnitsya, Ukraine

²Shupyk National Healthcare University of Ukraine, Kyiv, Ukraine

³Danylo Halytsky Lviv National Medical University, Lviv, Ukraine

Abstract. Nasal congestion is a common symptom that affects up to 30 % of the world's population. Uncontrolled intake of nasal decongestants to relieve nasal congestion leads to rhinitis medicamentosa (RM), a subtype of drug-induced rhinitis, which is a chronic dysfunction of the nasal mucosa due to prolonged use of local vasoconstrictors. RM occurs with equal frequency in men and women, but is more common in young and middle-aged adults, and the described incidence into laryngological clinics ranges from 1 % to 7 %. In Ukraine, the problem is not statistically studied, but almost 2 billion hryvnias were spent by Ukrainians on the purchase of 40 million packages of decongestants per year (August 2019 — July 2020), which means that every Ukrainian, including newborns, used at least 1 package of this drug. The main diagnostic criteria for RM, in addition to detecting the presence of nasal obstruction (hyperemia, edema of the nasal mucosa with disorders of nasal breathing and nasal congestion) and reduction of edema of the nasal mucosa with the use of vasoconstrictors, are indications of a history of long-term nasal decontamination. The only drugs whose efficacy in RM has been proven not only in experimental but also in clinical randomized placebo-controlled studies are intranasal *glucocorticoids* (GCS). Currently, intranasal GCS are considered the most effective drugs available for the treatment of RM.

Key words: rhinitis medicamentosa, nasal congestion, nasal decongestants.

Artemii Ye. Bogomolov

National Pirogov memorial medical university, Vinnitsya, Ukraine

Doctor of Medicine, associate Professor of phthysiology, clinical immunology and allergy department

56, Pirogov str., 21018, Vinnytsia, Ukraine,

art.bogomolov@gmail.com

Asthma and Allergy, 2021, № 4, P. 50-54.