



Non-Allergic Rhinitis

What is Non-Allergic Rhinitis?

When your symptoms mimic allergic rhinitis but with no apparent cause (ruling out allergies and sinusitis).

What causes Non-Allergic Rhinitis?

Triggers of non-allergic rhinitis include, strong smells (often perfumes or flowers, temperature changes (air conditioning), weather changes and certain foods. It is believed that the sensory nerve endings in the nasal cavity is overreacting. Sending signals to blood vessels to dilate, causing nasal blockage and signals to nasal glands to increase secretion causing dripping nose.

What symptoms can you have?

Runny and itchy nose, chronic sneezing and / or nasal blockage. These symptoms can easily be confused with an infection or hay fever. Symptoms are often year around.

How is a diagnosis made?

It is important to rule out allergies (hay fever) and sinusitis. Nasal endoscopy, allergy testing and a CT scan of your sinuses should rule out these. Some patients may have both allergic and non-allergic rhinitis (Mixed rhinitis), for example reacting both to pollens and strong smells.

How is Non-Allergic Rhinitis treated?

Non-allergic rhinitis is more difficult to treat than allergic rhinitis and fewer patients respond to nasal steroid spray, however it should be tried first, as it is a simple and safe treatment. Combination spray, steroid and anti-histamine, is the next step. Anticholinergic sprays (Atrovent nasal) may help against the dripping nose. If nothing else work decongestant tablets (Sudafed) can be effective, beware of side effects though. Saline nasal washes may be helpful. Surgical options are also available (Radiofrequency reduction of turbinates, Vidian neurectomy). Ask your doctor.

More information on Non-Allergic Rhinitis:

<https://www.mayoclinic.org/diseases-conditions/nonallergic-rhinitis/symptoms-causes/syc-20351229>