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Sterimar nose prone to allergies nasal spray in relief of chronic allergic rhinitis symptomsMichele Grasso¹, M Bertini², R Grasso³ and M de Vincentis³¹Sapienza University, Italy²Laboratori Baldacci S.p.A., Italy³Lamezia Terme Hospital, Italy

Statement of the Problem: Chronic Allergic Rhinitis (CAR) represents a worldwide emergency pathology affecting between 10% and 40% of the world population. Despite the number of available treatments, the prevalence of such condition is still increasing. There is a need for safe treatments to help prevent/reduce the acute allergic rhinitis episodes in CRA, especially in children. The role of daily nasal detersion with isotonic saline solutions has been recognized by the health Authorities as an efficient basic treatment for CAR. The aim of this review was to analyze the clinical effectiveness of an isotonic sea water solution enriched with MN nasal spray (STERIMAR Nose prone to allergies, SNPA) in CAR.

Methodology & Theoretical Orientation: SNPA has been marketed for a long time (1999) for nasal detersion. Post-Marketing Surveillance data and previous experiences showed that use of this medical device is safe and helps relieve nasal symptoms of CAR while recent experience pointed out its role in reducing the recurrence rates of allergic rhinitis in CAR patients.

Findings: A 14-day treatment of SNPA significantly improved nasal ventilation-secretion, headache and sinus pain in 54 children affected by CAR. One to two month treatment in 20 children with CAR showed an improvement in nasal ventilation-obstruction and rhinorrhea. A 5-month course of STERIMAR nasal detersion demonstrated significant reduction of the recurrence rates of Acute Allergic Rhinitis episodes and improvement in the Quality Of Life (QOL) (6)

Conclusion & Significance: SNPA could help improve QOL, recurrences and signs and symptoms of CAR. These results, if confirmed in double-blind, randomized, controlled clinical trials, could represent a new, safe and less expensive approach for managing CAR in adults and children.

Biography

Michele Grasso is a Senior Resident in Otorhinolaryngology at Department of ENT Surgery, University Sapienza of Rome. He held a Fellowship at Department of ENT and Robotic Surgery, Catholique University of Louvain, Mont-Godinne, Belgium along with Prof. Marc Remacle and George Lawson (2012), working in the field of laryngeal papillomatosis and CO2 lasers. He held Fellowship at the ENT Department of Bergamo, with Prof. Gianni Danesi (2016-2017) working on the field of lateral skull base surgery. He is the Author of many scientific manuscripts in journals with high impact factor. He attended international congresses as speaker, and conducted cadaver dissection surgery courses.

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