

AB127. SOH21AS065. Middle turbinate oedema as a predictor of allergic rhinitis

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Background: It has been suggested that oedema of the middle turbinate can be an accurate predictor of allergic rhinitis but correlation using a homogeneous cohort of IgE RAST has not been reported.

Methods: We decided to retrospectively evaluate a group of patients who has nasendoscopy performed by the senior author with follow-up IgE RAST. The case notes of 20 patients with RAST positive were compared with the same number of patients without an identifiable allergy on the same test.

Results: The majority of patients with oedema of one or both of the middle turbinates were found to have an objective diagnosis of allergic rhinitis oedema whereas none of the IgE negative case had abnormal changes of the turbinate mucosa.

Conclusions: Isolated oedema of the head of the middle turbinate on either or both sides of the nose is a strong indicator of allergic rhinitis.

Keywords: Middle turbinate; oedema; allergic; rhinitis; IgE; RAST

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Footnote

Conflicts of Interest: The authors have no conflicts of interest to declare.

Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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