

AAO-HNSF clinical practice guideline: Allergic rhinitis

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The American Academy of Otolaryngology—Head and Neck Surgery Foundation addresses quality improvement opportunities in the diagnosis and management of allergic rhinitis in a new multi-disciplinary, evidence-based clinical practice guideline, published today in *Otolaryngology-Head and Neck Surgery*.

Provided by American Academy of Otolaryngology

"Allergic rhinitis occurs when you inhale something that you're allergic to, like pet dander or pollen, and then the inside lining of your nose becomes inflamed, resulting in congestion, [runny nose](#), sneezing or itching," explains Sandra Y. Lin, MD, one of the guideline's authors. "It has a major impact in the U.S., affecting about 1 in every 6 Americans and generating an estimated \$2 to \$5 billion in expenditures each year."

As the fifth most common chronic disease in the U.S., there has been considerable variation in the treatments used to manage [allergic rhinitis](#). The guideline's strongest recommendations are for topical steroids and oral antihistamines. A recommendation is also made on allergy-specific immunotherapy, which modifies how a patient's immune system responds to allergens, an increasingly popular option given the FDA's recent approval of under-the-tongue immunotherapy tablets.

"Most importantly, the guideline makes clear what should be and should not be the first lines of treatment for allergic rhinitis," said Dr. Lin.

The [clinical guideline](#) for allergic rhinitis was created by a multi-disciplinary panel of experts in otolaryngology, allergy and immunology, internal medicine, family medicine, pediatrics, sleep medicine, advanced pediatric nursing, and complementary and integrative medicine.

More information: www.entnet.org/

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