

IMPROVING DIAGNOSTIC AND THERAPEUTIC STRATEGIES FOR CHRONIC ALLERGIC RHINOSINUSITIS

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Background. Chronic allergic rhinosinusitis is one of the most common inflammatory diseases of the upper respiratory tract and is characterized by persistent inflammation of the nasal mucosa and paranasal sinuses. The disease is associated with nasal obstruction, rhinorrhea, reduced olfactory function, and a significant decline in patients' quality of life. The increasing prevalence of allergic diseases worldwide highlights the need to improve diagnostic and therapeutic approaches for this condition.

Objective. To improve the diagnostic and therapeutic approach to chronic allergic rhinosinusitis based on clinical, laboratory, and instrumental examination methods.

Materials and Methods. The study included patients diagnosed with chronic allergic rhinosinusitis who underwent comprehensive clinical evaluation. The diagnostic protocol consisted of clinical assessment of symptoms, nasal endoscopy, computed tomography of the paranasal sinuses, allergy testing, and laboratory investigations. Treatment strategies included a combination of antihistamines, intranasal corticosteroids, anti-inflammatory therapy, and elimination measures aimed at reducing allergen exposure.

Results. The implementation of a comprehensive diagnostic approach improved the accuracy of detecting chronic allergic rhinosinusitis and enabled better identification of allergic sensitization. The combination of clinical examination, nasal endoscopy, imaging methods, and allergy testing provided a more detailed assessment of inflammatory changes in the nasal cavity and paranasal sinuses. Nasal endoscopy revealed typical signs of allergic inflammation in most patients, including mucosal edema, hyperemia, and mucous discharge. Allergy testing demonstrated sensitization mainly to household, pollen, and epidermal allergens. The use of combined pharmacological therapy, including antihistamines and intranasal corticosteroids, resulted in a noticeable reduction in the main clinical symptoms, such as nasal obstruction, rhinorrhea, and olfactory disturbances. In addition, patients showed improvement in nasal breathing and a decrease in the frequency of disease exacerbations.

Conclusions. A comprehensive diagnostic and therapeutic approach significantly improves the management of chronic allergic rhinosinusitis. The use of modern diagnostic methods together with combined pharmacological therapy contributes to better symptom control, reduction of inflammatory activity, and improvement in patients' quality of life.