

Chronic Eosinophilic Rhinosinusitis Clinical Implications

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Background: Eosinophilic Chronic Rhinosinusitis (ECRS) is clinically characterized by extensive disease and poor prognosis.

Objectives: To evaluate eosinophilic mucin in Chronic Rhinosinusitis (CRS).

Design: A Retrospective Study.

Setting: Bahrain Defence Force Royal Medical Services, Bahrain.

Methods: Fifty-nine patients with chronic rhinosinusitis with nasal polyps were included in the study. Clinical data, CT findings and histopathology were documented.

Results: Twenty-six (44.1%) patients were diagnosed with eosinophilic chronic rhinosinusitis (ECRS) with nasal polyps. Headache, bilateral nasal polyps, total sinus opacification and occluded ostiomeatal complex were more common in patients with ECRS compared to patients with non-eosinophilic CRS. P-value less than 0.05 was considered statistically significant.

Conclusion: Patients with ECRS are likely to have severe disease presentation compared to patients with non-eosinophilic CRS. Clinical findings could differentiate ECRS from non-eosinophilic CRS.