

Patient's loss of smell and taste were symptoms of Samter's triad disease

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After three unsuccessful surgeries and countless physician visits, Nadia Campbell still had no sense of taste or smell and suffered terrible sinus pain with a perpetual runny nose.

"I used to wake up at night literally every hour to blow my nose because there was so much congestion and difficulty breathing," she said. "I never got a restful night's sleep."

And after 18 years of traveling the state searching for a cure, she had given up hope of ever living a normal life.

"I literally cried with joy when I walked into Loyola and they understood my condition and were very familiar with the treatment," said Campbell, a 38-year-old mother of two. "Previously, other medical organizations had told me they couldn't help me. Dr. Patadia specializes in sinus conditions, took my case on and expertly guided me to care."

Campbell suffers from Samter's triad, a rare medical condition involving a combination of [nasal polyps](#), asthma and a sensitivity to aspirin.

"Sinus conditions can be very common, but it really takes an academic medical center to diagnose and treat rare cases like Nadia's," said Monica Patadia, MD, otolaryngologist at Loyola University Health System. The assistant professor at Loyola University Chicago Stritch School of Medicine specializes in sinus revision surgery and paranasal sinus disease. "I coordinated an integrated medical team, including an

allergist/immunologist and pulmonologist, and together we collaborated on Nadia's care and solved her health crisis."

Loyola [otolaryngology](#) is ranked 29th out of the top 50 in the U.S. News & World Report's 2014-2015 Best Hospitals rankings. Only 3 percent of hospitals earn a national ranking in any specialty.

After studying her medical history, Dr. Patadia performed several tests, including a special surgery-planning computer tomography (CT) scan and used a special endoscopic nasal camera to view the nasal polyps.

Dr. Patadia performed noninvasive surgery in an outpatient setting.

"There is not a mark on Nadia's face. We removed the polyps, infected area and opened the sinus cavities all through her nose," said Dr. Patadia, who has performed hundreds of sinus surgeries. "Spacers were left in her nasal passages to promote healing and were removed less than one week after surgery."

Immunology treatment desensitized Campbell to aspirin and allergists/immunologists fine-tuned her medications.

Nadia has required no further imaging since her surgery.

"By examining the nose with an endoscope, we prevent the need for any more exposure to radiation," said Dr. Patadia, who used a camera to examine the nose. "When the sinuses light up like a pumpkin or jack-o'-lantern you know the sinuses are wide open and that is a good thing."

Campbell was back at work in a week. "I woke up and could smell breakfast and could taste coffee," she said. "I didn't need to make sure I was carrying loads of tissues because my nose was not running or irritated for the first time ever."

Dr. Patadia regularly conducts research at Loyola on sinus conditions, including Samter's triad. "My patients typically come in carrying a thick folder of medical records because they have tried for a long time to find a cure for their illness," said Dr. Patadia, a board-certified head and neck surgeon. "Most feel constant fatigue and facial pain and have had recurring bouts of sinusitis."

According to the American Academy of Otolaryngology, more than 37 million Americans suffer at least one bout of acute sinusitis per year making it the most common medical ailment. Otolaryngology is the medical specialization of ear, nose and throat (ENT) conditions.

"If you have coldlike symptoms that do not go away, and/or recurring cases of sinusitis, see a board-certified ear, nose and throat specialist, preferably associated with an academic medical center," said Dr. Patadia, who has completed more than 15 years of academic medical training. "In addition to receiving treatment by an experienced specialist, you may have the opportunity to participate in unique research trials."

Loyola's ENT physicians treat children and adults with disturbances in hearing and balance; smell and taste; allergies; head and neck injuries; cancers of the head and neck; voice and swallowing disorders; and sleep disorders. Among the diagnostic tools used are balance testing and the most advanced audiological and imaging equipment.

"Loyola is known internationally for achieving excellent results in endoscopic sinus surgery," said Dr. Patadia, who specializes in sinus surgery. The ENT physicians at Loyola also perform nasal surgery, skull-base surgery and reconstructive surgery of the head and neck as well as implantation of hearing devices for the middle ear and cochlear implants.

A full spectrum of otolaryngology services is available at Loyola

University Medical Center and the Loyola Outpatient Center in Maywood. Services also are offered at Loyola Center for Health locations at Burr Ridge, Homer Glen, Oakbrook Terrace, Wheaton and Woodridge.

"Since the surgery, I've been able to sleep all night without waking up to blow my nose," Campbell said. "I am truly a new person."

Provided by Loyola University Health System

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