

# 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*.

"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/](http://www.entnet.org/)

Provided by American Academy of Otolaryngology

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