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Title: Asthma among allergic rhinitis patients

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Abstract:
Aim: We aimed to study atopic status, prevalence of asthma and benefit of using peak expiratory flow (PEF) follow-up in the diagnosis of asthma at allergic rhinitis patients. Method: We examined 86 (36% male, 64% female, mean age±SD: 36.29±14.00 years) allergic rhinitis patients whom never assessed for asthma. Their allergic status determined by skin prick tests. All of the subjects filled a questionnaire for presence of asthma like symptoms. Pulmonary function tests (PFT) and 14 days PEF measurements (two times daily) were determined for the patients who defined asthma like symptoms. Results: Positive skin prick tests to grass were present at 71 patients, to tree at 51 patients, to mite at 46 patients and to epidermal mixture at 26 patients (79.8%, 57.3%, 51.7% and 29.2% respectively.) Nasal polyps were present in 25 allergic rhinitis patients (28.1%). 36 subjects (41%) defined asthma symptoms in their questionnaires. PFT results of these 36 subjects were: 4 obstructive (11%), 32 normal (89%). 32 subjects who defined asthma symptoms and had normal PFT values, underwent 15 days PEF follow-up. 16 (50%) subjects had 20% diurnal variable positive PEF follow-up. 16 (+) PEF patients defined reduced in their respiratory symptoms after a 3 month low dose inhaler steroid therapy.
Conclusion: Allergic rhinitis and asthma often coexist in the same patients, even though PFTs had been detected normal, allergic rhinitis patients should undergo PEF follow-up.

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for the determination of asthma and creation of better strategies for the integral treatment.

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