

THE BASICS



What is chronic rhinosinusitis?

Chronic rhinosinusitis is an inflammatory (swelling) condition of the sinuses. The inflammation people have with chronic rhinosinusitis can sometimes lead to the formation of nasal polyps.

Therefore, there are two forms of chronic rhinosinusitis one with nasal polyps – known as CRSwNP – and one without.

What are nasal polyps? They:

- are growths (like small grapes) inside the nose or sinuses.
- usually don't hurt.
- are more common in adults over 40.
- affect more men than women.

Can you tell me more about CRSwNP?

Inflammation is the body's response to germs, sickness, or injuries. It helps your body heal, but if it lasts too long, it can cause health problems.

While the exact cause is not known, CRSwNP is thought to be related to inflammation, which can be caused in some people when the immune system reacts inappropriately to the environment (such as breathing in pollutants), allergens, asthma, or infection.

Chronic rhinosinusitis is the most common cause of nasal polyps. This becomes chronic when it lasts three months or longer.



What symptoms do nasal polyps cause?

People with small nasal polyps might not notice symptoms. Large nasal polyps can block the nose, which could make it harder to breathe.

They can also cause infections, reduced or complete loss of smell or taste, snoring, or other symptoms.

CHRONIC RHINOSINUSITIS WITH NASAL POLYPS

THE BASICS

Other symptoms

Other nasal polyp symptoms include stuffy or runny nose, post-nasal drip (which is mucus dripping down and collecting in the back of your throat), headache, and pain in the teeth or face.



This condition can also lead to irritability, depression, and a lack of productivity in work and personal activities, particularly due to the impact it can have on sleep.



Other possible risk factors include:

- asthma.
- vitamin D deficiency.
- cystic fibrosis.
- sensitivity to aspirin.
- hay fever.
- dental infection.
- chronic sinus infections.
- a family history of nasal polyps.



WHAT'S NEXT?

If nasal polyps are small, you might not even know you have them. Small nasal polyps are harmless and don't require treatment.

Large nasal polyps require treatment and will not go away on their own. Make an appointment with your healthcare provider if you have symptoms of CRSwNP lasting for 10 days or longer. Your doctor can perform a series of exams and develop a treatment plan.

What questions should I ask my doctor if I think I may have CRSwNP?

- Could CRSwNP be causing my symptoms?
- What tests can tell if I have this disease?
- If I have CRSwNP, do I need treatment?
- How is this treated? Can you explain each treatment and potential side effects?
- Do I need to see a specialist?



Where can I find more information?

[GAAPP's CRSwNP "Beyond the Basics"](#)



[Global Allergy & Airways Patient Platform](#)



[AAFA's "Life with Nasal Polyps" report](#)



[CRSwNP Testimonials - EUFOREA](#)

