

過敏性與非過敏性鼻炎

Allergic and Non-allergic Rhinitis

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Rhinitis is defined as an inflammation of the lining of the nose. It is generally categorized into allergic and non-allergic rhinitis. Allergic rhinitis is associated with an IgE-mediated immune response. Many non-allergic etiologies including microbe, drug, hormone, or occupational exposure could cause rhinitis as well. The prevalence of rhinitis is high. Rhinitis usually impairs quality of life (QOL), sleep, school and work. Patients with rhinitis often have co-morbidities as rhinosinusitis, otitis media, asthma, COPD, or sleep disorders. The concept of “one airway, one disease’ had been proposed by World Health Organization since decades ago. Treatment of rhinitis can improve the QOL, sleep, work and learning of patients. In addition, management of rhinitis is beneficial to control lower airway diseases.