



# Nasal Polyps

## **A quick guide for understanding nasal polyps & the different treatments available**

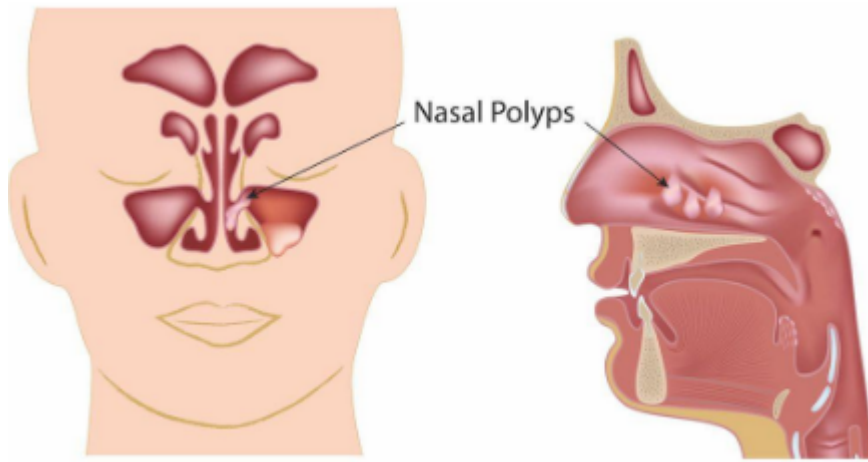
Nasal polyps are soft, abnormal, swollen, sac-like/grape-like growths of inflamed tissue. This usually lines the inside of your nose, arising from your sinuses.

The sinuses are a group of air-filled spaces inside the bones of your face. They connect with the nasal cavity. This is the large, air-filled space behind your nose. Normally, these spaces are fairly open. Nasal polyps can grow large enough to block them and cause trouble while breathing.

Remember, anyone can have nasal polyps. Nasal polyps are a subgroup of chronic rhinosinusitis. This is a condition where the nasal cavity and sinuses are inflamed for more than 4 to 12 weeks. **Not all people with rhinosinusitis will develop nasal polyps.**

Other types of growths too can arise in the nasal cavity. Some of these types may be cancer. But true nasal polyps are not cancer, but have to be ruled out only on excision and histopathological examination.

**Important note:** It is important to remember that certain genes may help lead to the development of nasal polyps. This is especially true with genes that play a role in the immune system and inflammatory response. You are more likely to have nasal polyps if other members of your family have had them.



### **What is the treatment for nasal polyps?**

Treatment depends on your symptoms, age, and general health, as well as how severe the condition is. Surgery is generally recommended by your ENT doctor to remove your polyps.

### **A few treatments for nasal polyps are recommended by ENT doctors:**

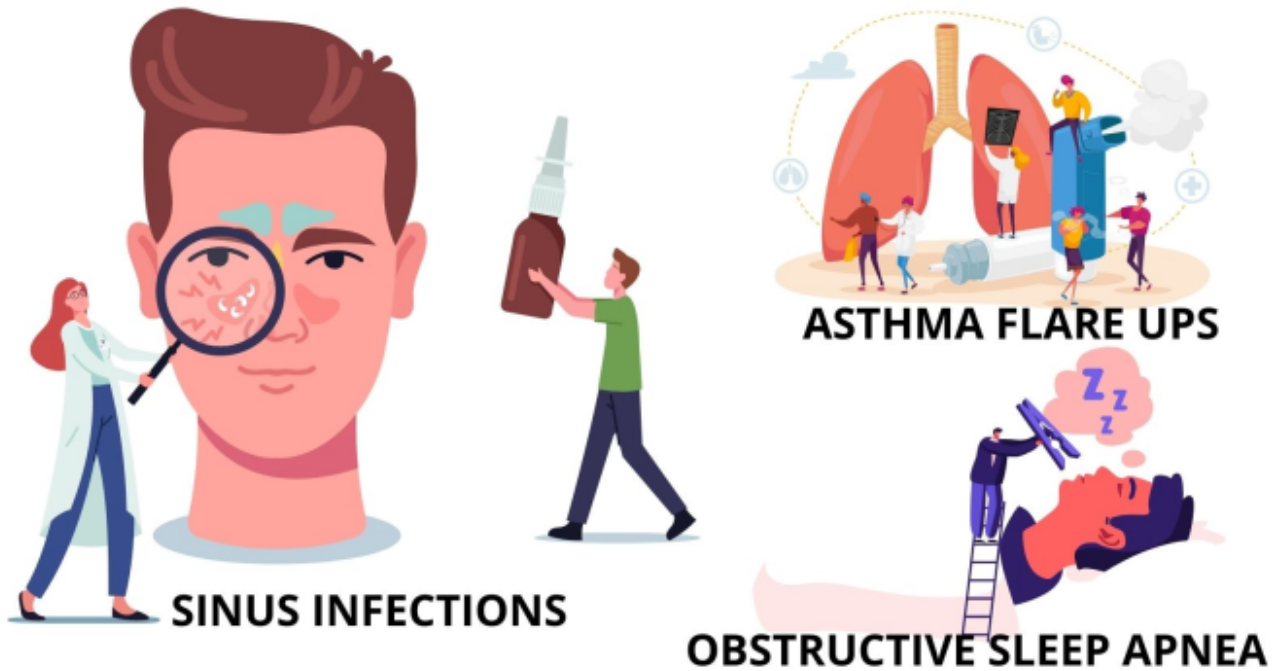
- ☐ Medicines to help decrease inflammation
- ☐ Antibiotics to help reduce polyp size
- ☐ Anti allergic medications, to reduce allergic reactions
- ☐ Allergen immunotherapy and removal of allergens
- ☐ Aspirin desensitization therapy

### **Nasal polyps are more common in people with these health conditions:**

- ☐ Asthma
- ☐ Aspirin sensitivity
- ☐ Allergic rhinitis
- ☐ Chronic sinus infections
- ☐ Cystic fibrosis

Visit your doctor if you may still have symptoms despite trying these other therapies.

## COMPLICATIONS OF NASAL POLYPS



### **Different approach is required in certain circumstances.**

Patients with certain issues, such as large polyps in their sinuses, may need traditional surgery to correct the issue and get relief from chronic sinusitis.

### **When do I visit my ENT doctor, and what are the red flags?**

Sinus infections, allergies, and other causes of nasal obstruction can make breathing difficult at night.

Visit your ENT doctor if your symptoms don't get better even after a few days of treatment. Reach out to your ENT doctor immediately if signs of possible problems such as abnormal vision, swelling around your eyes; confusion, or loss of alertness are witnessed.

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## **What is a sinus rinse? Is it helpful?**

Performing a sinus rinse is a safe and simple way to clean the nose and sinuses for patients who suffer from allergies or recurrent sinus infections. There are many different devices available to rinse the nose, but they all essentially work the same. A saltwater mixture is pushed into one nostril and out the other. As the fluid moves out of the nose, it washes out dust, pollen, and other debris, as well as mucus and allergens; helps to loosen any thick mucus in the nasal passages that may be present.

- Dr. Prashanth R Reddy

“E.N.T. health - ENTry for better senses”.



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