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THE NON-SURGICAL TREATMENT THAT HELPS YOU:

DU MORE FROM SCRATCH WITH LESS NASAL POLYPS

• REDUCES CONGESTION AND NASAL POLYP SIZE
• CAN IMPROVE SENSE OF SMELL IN AS LITTLE AS 3 DAYS
• CAN REDUCE ORAL STEROID USE
• IS AN ALTERNATIVE TO SURGERY

*Don’t stop taking your corticosteroid medicines unless instructed by your doctor.

Ask your doctor how DUPIXENT can help you DU MORE with less nasal polyps.

INDICATION
DUPIXENT is a prescription medicine used with other medicines for the maintenance treatment of chronic rhinosinusitis with nasal polyposis (CRSwNP) in adults whose disease is not controlled. It is not known if DUPIXENT is safe and effective in children with chronic rhinosinusitis with nasal polyposis under 18 years of age.

IMPORTANT SAFETY INFORMATION
Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have eye problems.
- have a parasitic (helminth) infection.
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical, or inhaled corticosteroid medicines or if you have CRSwNP and asthma and use an asthma medicine. Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:
- Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.
- Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- Inflammation of your blood vessels. Rarely, this can happen in people with asthma who receive DUPIXENT. This may happen in people who also take a steroid medicine by mouth that is being stopped or the dose is being lowered. It is not known whether this is caused by DUPIXENT. Tell your healthcare provider right away if you have: rash, chest pain, worsening shortness of breath, or a feeling of pins and needles or numbness of your arms or legs, or persistent fever.
- Joint aches and pain. Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects in patients with chronic rhinosinusitis with nasal polyposis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, high count of a certain white blood cell (eosinophilia), trouble sleeping (insomnia), toothache, gastritis and joint pain (arthralgia).

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It’s an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. Do not try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider.

Please see accompanying Brief Summary of Important Patient Information.
What is DUPIXENT?
- DUPIXENT is a prescription medicine used:
  - with other medicines for the maintenance treatment of chronic rhinosinusitis with nasal polyps (CRSwNP) in adults whose disease is not controlled.
  - to treat atop eczema in adults and children who do not respond to treatment, including those with food allergy who also have eczema.

DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in chronic rhinosinusitis with nasal polyposis.

It is not known if DUPIXENT is safe and effective in children with chronic rhinosinusitis with nasal polyps under 18 years of age.

Who should not use DUPIXENT?
Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have problems.
- have a parasitic (helminth) infection.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

Pregnancy Exposure Registry. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1-877-311-8172 or going to https://mothertobaby.org/pregnancy-study/dupixent/.

See the "Instructions for Use" that comes with DUPIXENT. Dupixent can be stored at room temperature up to 77°F (25°C) up to 14 days. Throw away (dispose of) any DUPIXENT that has been left at room temperature for longer than 14 days.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936).

What are the possible side effects of DUPIXENT?
DUPIXENT can cause serious side effects, including:
- Anaphylactic reactions. DUPIXENT can cause anaphylactic reactions that can sometimes be severe. Do not use DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, fast pulse, fever, general ill feeling, hives, joint pain (arthritis), rash, redness, swelling, and itching, sometimes with blurred vision, high count of a certain white blood cell (eosinophilia), gastritis, joint pain (arthralgia), trouble sleeping (insomnia), and toothache.

The following additional side effects have been reported with DUPIXENT:
- Arm, leg, and finger numbness.
- Joint pain.

Tell your healthcare provider if you:
- have any side effect that bothers you or that does not go away.
- have new or worse side effect that bothers you or that does not go away.
- have any side effect that you think is new or severe.
- have allergic reactions to any Dupixent. Some people have had trouble walking or moving due to their joint pain, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects of DUPIXENT in patients with CRSwNP include:
- Injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, high count of a certain white blood cell (eosinophilia), gastritis, joint pain (arthralgia), trouble sleeping (insomnia), and toothache.

The following additional side effects have been reported with DUPIXENT:
- Rash.

Tell your healthcare provider if you:
- have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/or call 1-800-FDA-1088.

How should I store DUPIXENT?
- Store DUPIXENT in the refrigerator at 36°F to 46°F (2°C to 8°C).
- Store DUPIXENT in the original carton to protect from light.
- DUPIXENT can be stored at room temperature up to 77°F (25°C) up to 14 days. Throw away (dispose of) any DUPIXENT that has been left at room temperature for longer than 14 days.
- Do not freeze or put DUPIXENT into direct sunlight.
- Do not shake.

Keep DUPIXENT and all medicines out of the reach of children.

General information about the safe and effective use of DUPIXENT.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936).

What are the ingredients in DUPIXENT?
Active ingredient:
Dupilumab
Inactive ingredients:
L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection.

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BREATHE EASIER
Do you have asthma that’s difficult to get under control?
Your nasal polyps may be to blame. A recent study looked at a group of 151 people who had both nasal polyps and asthma. They found that those who had the most severe nasal polyps were more likely than others to have difficult-to-control asthma. The study points to the need for a customized approach to the treatment of both asthma and polyps in each patient. If you have uncontrolled asthma, talk to your doctor about your entire treatment plan for both your asthma and your nasal polyps.

SOURCE: American Journal of Otolaryngology

RECONNECT THE LINES
WHERE DOESN’T EVERYONE WITH SINUSITIS GET NASAL POLYPs?
Why are polyps more severe in some people than in others? Scientists may have answers. In a study that looked at the genes of people with chronic sinusitis, researchers found that the people with polyps had an overactive gene called CRTH2. Those who had the most hyperactive CRTH2 gene had a tendency to have stubborn polyps that came back after surgical removal. This discovery may lead drugmakers to develop a medicine that can calm this gene down.

SOURCE: Frontiers in Immunology

REGAIN YOUR VOICE
Nasal polyps can give you a nasal-sounding voice. So can removing the polyps bring your old voice back? A new study says “yes.” Doctors measured the opening between the oral passage and the nasal air and found that the velopharyngeal opening—which both before and after surgery. Its size determines how nasal your voice sounds. They also had patients rate their satisfaction with the sound of their own voice both before and after the procedure. The velopharyngeal opening continued to expand up for up to 6 months after surgery and, during this time, people’s satisfaction with their voice kept improving, too.

SOURCE: Scientific Reports
STATS & FACTS

By Sonya Collins
Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

40 to 60
Age group most affected by nasal polyps in the U.S.

6 in 10
Number of people with nasal polyps who are men.

>6 in 10
Number of people with nasal polyps who also have asthma.

>1 in 5
Number of people with chronic rhinosinusitis who also have nasal polyps.

4x
Your increase in risk for nasal polyps if a next-of-kin has them, too.

3 in 4
Estimated number of people with chronic sinusitis with nasal polyps who are white, non-Hispanic. Black people with chronic sinusitis are less likely to have polyps.

4 in 10
Number of people with nasal polyps who are women.

Q&A

OTOLARYNGOLOGIST SEI CHUNG, MD, OF UT SOUTHWESTERN MEDICAL CENTER IN DALLAS, ANSWERS COMMONLY ASKED QUESTIONS ABOUT NASAL POLYPS

By Kendall K. Morgan
Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

Q. How may nasal polyps affect daily life?

People [with nasal polyps] are often most bothered by not being able to breathe, not being able to sleep well, and not being able to smell or enjoy food because of diminished taste. A lot of my patients say they have significant drainage, which can be cumbersome to manage. They also can be embarrassing because they have to constantly blow their nose in front of people or are coughing and hacking out mucus. Many people have a lot of pain and pressure in their face. I often hear from people that they feel very fatigued and worn down from having to deal with this every day.

Q. When should you think about surgery?

The decision for surgery is very patient-centered. It has to come from how you’re feeling after medical treatment. Surgery has two goals: to remove all the polyps and the sinus cavities widely. To prevent regrowth after surgery, we want to be able to deliver topical medicine easily and effectively into your widely opened sinuses.

It’s important to know that surgery isn’t a one-time fix and you’re done. It’s a team effort. After the surgery, you’ll need to keep up with a medical regimen to suppress the inflammation and regrowth of polyps. Your doctor should follow you on a regular basis to monitor your nose and catch any early signs of inflammation, swelling, or regrowth, so you can work on that together because this is a chronic, inflammatory disease process.

Q. How can you get the most out of a visit to your doctor?

It’s important to tell your doctor honestly and openly how you’re feeling about your symptoms. Fortunately, this is a benign condition. It isn’t life-threatening in any way. You can take your time in making treatment decisions, especially about surgery. Have your questions ready and make sure they’re answered. You want to understand what’s happening and what to expect and have a treatment plan in place that will work for you.
CAUSES, SYMPTOMS, AND DIAGNOSIS

By Rachel Reiff Ellis
Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

NASAL POLYPS

101

CAUSES

Doctors don’t know exactly why nasal polyps form, but they’re linked to having constant bouts of inflammation in your nose and sinuses, also called chronic rhinosinusitis. Inflammation can have different causes such as allergens, upper respiratory infections, or even secondhand smoke.

“Things we know about for sure include environmental allergies, such as grasses, trees, ragweed, and allergies to cats and dogs that are significant,” says Meha Fox, MD, assistant professor of otolaryngology–head and neck surgery at Baylor College of Medicine in Houston. You may also get polyps if you have an underlying disease such as cystic fibrosis or other autoimmune disease.

COMMON SYMPTOMS

Once your nasal polyps have grown to a certain size, you’re likely to have a hard time breathing through your nostrils. You may have more mucus, cough, have headaches and sinus pressure, and you may lose some of your senses of taste and smell.

“Polyps tend to develop slowly over some time, and so it may either take a while for symptoms to develop or people may get so used to the slow changes in their upper airway that they never develop major symptoms,” says Zara M. Patel, MD, director of endoscopic skull base surgery at Stanford University School of Medicine in California.

Nasal polyps don’t typically cause any pain or bleeding, so if you have either, tell your doctor.

DIAGNOSING NASAL POLYPS

You might think that a doctor could simply take a glance in your nostrils to diagnose you, but it takes more investigation than that.

“It’s rare that you can see polyps from just looking from the front of the nose, like a primary care or urgent care provider would be able to do,” Patel says.

An otolaryngologist (ear, nose, and throat doctor, or ENT) can use a small, flexible tube with a camera on it called an endoscope to examine far enough back in your nostrils. This helps them see your nasal cavity and sinus drainage pathways.

If you’ve never had a sinus surgery before, your doctor may need to use a CT scan to look deeper in your sinuses.

“Sometimes we get a CT scan to determine the extent of disease, such as how many sinuses are involved,” Fox says. “This helps guide our treatment plan.”

WHO’S AT RISK?

Meha Fox, MD, lists factors that increase your chances of nasal polyps.

+ Multiple allergies
+ Cystic fibrosis
+ Autoimmune conditions (such as granulomatosis with polyangiitis)
+ Cilia (nose hair) dysfunction
NASAL POLYPS

These painless growths can develop along the lining of the nasal passages and sinuses in response to chronic inflammation.

RUNNY NOSE

When you have a sinus infection, fluid builds up in your nasal passages, which can lead to a runny nose.

SUPERIOR, MIDDLE, AND INFERIOR TURBINATES

These bony structures, surrounded by blood vessels and nasal lining, clean and humidify the air that enters the nasal passages. In chronic sinusitis, they can get swollen and inflamed, produce too much mucus, and lead to a stuffy nose.

NASAL INFLAMMATION

Swelling and irritation in the nasal passages can prevent proper drainage, cause a buildup of mucus and sometimes pus, and make it difficult to breathe.

SOURCES: Mayo Clinic, World Allergy Organization, Pharmacy Times, Current Medical Research and Opinion, CDC, Stanford Health Care
To play a winded instrument involves, well, wind. You need to know how to control your breathing, to hold your breath, and to hold notes. As a full-time musician, all of this has been a challenge living with allergies, asthma, and nasal polyps for more than 20 years.

THE FIRST NOTE
My stepfather was in the Air Force, and we lived all over the world. I was a typical kid. I played baseball and soccer and had good friends. However, I remember going to the hospital often for breathing issues. I still played sports and I picked up playing the sax around the sixth grade. I was accustomed to the symptoms and treatments for my asthma and allergies, but in my early 20s, I started having more phlegm in my system. I was always blowing my nose and I sounded congested. I was snoring a lot, so I took a sleep apnea test. They ruled that out, but my primary doctor noticed a lot of swelling in my nasal passages. He suggested I go to an ear, nose, and throat doctor, and that doctor confirmed that I had nasal polyps. I was both relieved and concerned. I was grateful to have an answer for my symptoms, but naturally, I wondered if it would impact my ability to play music.

HOW I MANAGE MY NASAL POLYPS
Life on the road as a musician and someone living with nasal polyps has been interesting. I took my diagnosis and used it as an opportunity to build my lung capacity. I’m working on something called circular breathing where you store the air in your cheeks and let it out through your nose. For treatments, I use nasal sprays to bring the swelling down and I try to do saline rinses. These provide temporary relief, but so far nothing has completely worked. I can breathe through my nose, and I haven’t lost my sense of smell, so for that I’m thankful. My nasal polyps have stayed about the same.

I tour, so I’m on planes a lot. I use a neck pillow to get good sleep. My throat builds up a lot of phlegm, so I try to stay hydrated. First thing in the mornings, I drink room-temperature water. Sometimes a hot cup of coffee can open my passages, too.

NEXT LEG OF THE JOURNEY
I’m exploring some treatments beyond just nasal rinses and sprays. Surgery for nasal polyps wasn’t approved by my insurance the last time I tried, but it might be worth pursuing again. I continue to play my sax around the country, and I host a nightly jazz station in Colorado Springs. My passion is letting kids know that you can still play a winded instrument with asthma, allergies, or nasal polyps.

If you were to hear me play, I don’t think you’d notice a difference. But I’m touring more, so I tend to get more tired after the shows. I really want to get a handle on my polyps. I want to be healthier in general. If I want to be like musicians like David Sanborn, who’s still playing sax in his late 70s, I have to take care of myself. I’m only 48. I have another 20 to 30 years of music in me.
THE IMPORTANCE OF EARLY TREATMENT FOR NASAL POLYPS
IMPROVE YOUR QUALITY OF LIFE NOW

By Kendall K. Morgan | Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

Nasal polyps come with a variety of frustrating symptoms. You may have a runny nose and postnasal drip that just won’t quit. They can make breathing through your nose and sleeping more difficult. You may have pressure around your sinuses and pain in your teeth. You may even lose interest in your favorite foods because you can’t smell or taste them anymore.

STOP THEM IN THEIR TRACKS
Though these growths aren’t cancerous, they do worsen over time. If you think treatment for your nasal polyps isn’t working or they’re coming back after surgery, it’s important to see your doctor right away, says Gregory M. Levitin, MD, an otolaryngologist at the New York Eye and Ear Infirmary of Mount Sinai in New York City.

“If you do nothing, polyps will gradually progress over time,” Levitin says. “You may not know how sick you are. For a while, nasal polyps can be tolerable, and people live with them. But gradually, like a pot of water that’s slowly boiled, it gets worse.”

CONSIDER YOUR QUALITY OF LIFE
Without successful treatment, your nasal polyps will likely keep growing to fill up more and more of your nose. Levitin says that nasal polyps also tend to multiply. When a doctor looks into your nasal passages with an endoscope, they may see you have not just one or two polyps but many.

“The next thing you know, it’s greatly affecting quality of life,” Levitin says. “You’re snoring. You can’t taste food. You’re not sleeping well, not feeling well. These are important to diagnose and treat early.”

WILL SURGERY HELP?
levitin says when polyps are caught late, you may need sinus surgery. But even then, polyps often will come back again if you haven’t treated the underlying cause of the inflammation. After surgery or during treatment, it’s important to see a doctor with experience treating polyps to make sure it’s working.

“It’s important to monitor them,” Levitin says. “That way, if polyps start to come back [or worsen], we can implement therapy, including newer medications or biologics.” And that can keep you breathing easier.

UNEXPECTED EFFECTS OF NASAL POLYPS
DON’T LET UNCONTROLLED POLYPS KEEP YOU FROM ENJOYING LIFE

By Kendall K. Morgan
Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

It’s not uncommon with nasal polyps for people to think—sometimes for years—that they’ve got allergies or a cold, says Kevin Hur, MD, an otolaryngologist at Keck Medicine of USC in Los Angeles. The difference is that those symptoms won’t ever go away on their own. When left untreated or uncontrolled, nasal polyps can have a surprisingly big impact in all areas of your life.

“Depending on the severity of symptoms, nasal polyps can lead to fatigue, poor sleep, lack of concentration, reduced productivity, and irritability,” Hur says. “Nasal polyps can significantly impair a person’s overall quality of life.”

POOR SLEEP
Especially when nasal polyps are large, they can block your nasal passageways when you sleep. When you can’t breathe freely, you may struggle to fall asleep or wake up often. The sleep you do manage to get may be poor, leaving you feeling tired and groggy all the time.

“Polyps obstruct the natural airflow through the nose and can also lead to mucus drainage or postnasal drip, which disrupts healthy sleep patterns,” Hur says.

FOOD AND YOUR SEX LIFE
Nasal polyps may cause you to lose interest in even your favorite foods.

“One of the common symptoms of nasal polyps is decreased sense of smell and taste,” Hur says. “Not being able to smell and taste flavors can definitely affect a person’s ability to enjoy food.”

When your nose is stuffed up or you’re chronically fatigued, your sex life also can take a toll.

MOOD, RELATIONSHIPS, AND YOUR MENTAL HEALTH
As you struggle to sleep or enjoy life, you may notice you’re more easily irritated by everyday annoyances. You may get angry with friends and family more easily than you should. You may have more trouble dealing with stress at work.

Nasal polyps put you at greater risk for mental health problems, too. Studies have shown more risk for developing anxiety and depression in people with nasal polyps compared to people without nasal polyps.

Hur notes.

“This is likely due to the significant effect that nasal polyps can have on a person’s quality of life,” he says. To make sure uncontrolled polyps aren’t keeping you from enjoying life, ask your doctor about treatment options, including medicines or surgery.
ARE NASAL POLYPS RELATED TO ASPIRIN SENSITIVITY?

LEARN HOW THIS HARMFUL REACTION TO COMMON PAIN RELIEVERS MAY IMPACT YOUR TREATMENT

By Kendall K. Morgan
Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

Some people with nasal polyps have aspirin sensitivity or a more complex, chronic condition called aspirin-exacerbated respiratory disease (AERD). It’s more likely if you have nasal polyps and asthma. If you have this, you’ll react after taking aspirin or other common pain relievers, including ibuprofen and naproxen.

“The exact cause of aspirin sensitivity and its connection to nasal polyps and asthma is not completely understood, but it is believed to involve an abnormal immune response and the release of inflammatory mediators, such as leukotrienes,” says Martin J. Citardi, MD, a rhinologist at UTHealth Houston.

AVOID ASPIRIN AND OTHER NSAIDs
When you have aspirin sensitivity, Citardi says it can make your nasal polyp treatment more challenging. Avoiding aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) is a good first step. Ask your doctor if you should also try limiting foods high in naturally occurring compounds called salicylates.

“When nasal polyps occur in individuals with AERD, they tend to be more severe and recurrent, and their management may require specialized approaches,” Citardi says.

TREATMENT OPTIONS
Citardi says medicines called leukotriene modifiers may help with your inflammation and nasal congestion. Nasal corticosteroid sprays can help control the inflammation linked to your nasal polyps, too. Sprays won’t make polyps go away, but they may shrink them and help relieve your nasal congestion and postnasal drip.

Biologic therapies that target your immune system are another option when you have nasal polyps with aspirin sensitivity. If your symptoms and nasal polyps are severe, you may need surgery.

“Surgical intervention is generally considered when other treatments have been ineffective, and the benefits outweigh the risks associated with surgery,” Citardi says.

TACKLE YOUR SENSITIVITY
Ask your doctor about aspirin desensitization therapy. If you have this therapy, your doctor will give you aspirin at increasing doses to help your body adjust and stop reacting.

While aspirin desensitization can help, it isn’t for everyone and has some risks, Citardi notes. You’ll want to find a treatment plan that matches the severity of your symptoms and works for you. Make sure you’re seeing a doctor with experience managing nasal polyps with aspirin sensitivity and check in with them often.

“Regular follow-up and monitoring are essential to assess the effectiveness of treatment and make any necessary adjustments,” Citardi says.

According to research, people who live with chronic sinusitis and nasal polyps are more likely to also live with anxiety and depression. While nasal polyps aren’t a direct cause of these issues, experts believe they are linked.

“We don’t know exactly why the connection exists, but in large part, we see that overall quality of life is affected when you deal with the symptoms of nasal polyps and resulting chronic sinusitis,” says Kenneth Zuckerman, MD, an otolaryngologist at ENT Specialists of Orange County in Newport Beach, CA.

Your best defense is treating the issue with good prevention measures and medications. But there are steps you can take to bolster your overall mental wellness as you do.

CONNECT WITH OTHERS
Your doctor may know of local support groups for people with nasal polyps in your area. Social media is a great place to search for others living with the same symptoms. The Chronic Sinusitis with Nasal Polyps (CRSwNP) Support & Discussion Group on Facebook has over 10,000 members who share tips and provide a place to share struggles.

“You should always follow up any medical advice you hear with your personal doctor, but these kinds of groups can be beneficial for emotional support,” Zuckerman says.

CONSIDER MENTAL HEALTH HELP
In addition to the bothersome symptoms of nasal polyps, living with any chronic illness can bring on invisible symptoms such as pain, fatigue, and mood disorders. Managing your nasal polyps can add to your stress each day, too.

A licensed counselor or therapist can help with the mental aspect of your condition. Start with your health insurance company to find a list of mental health providers covered by your plan. A professional can give you tools for improving mood or, if needed, guidance on medications that can treat conditions like anxiety and depression.

WHOLE SELF-HELP

These steps can help boost overall mood.
+ Eat nutritious foods
+ Exercise every day
+ Avoid unhealthy coping habits such as alcohol
+ Reach out to friends and family

WebMD Lead Medical Editor
Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

By Rachel Reiff Ellis
Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

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“You should always follow up any medical advice you hear with your personal doctor, but these kinds of groups can be beneficial for emotional support,” Zuckerman says.

CONSIDER MENTAL HEALTH HELP
In addition to the bothersome symptoms of nasal polyps, living with any chronic illness can bring on invisible symptoms such as pain, fatigue, and mood disorders. Managing your nasal polyps can add to your stress each day, too.

A licensed counselor or therapist can help with the mental aspect of your condition. Start with your health insurance company to find a list of mental health providers covered by your plan. A professional can give you tools for improving mood or, if needed, guidance on medications that can treat conditions like anxiety and depression.

WHOLE SELF-HELP

These steps can help boost overall mood.
+ Eat nutritious foods
+ Exercise every day
+ Avoid unhealthy coping habits such as alcohol
+ Reach out to friends and family

WebMD Lead Medical Editor
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By Rachel Reiff Ellis
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According to research, people who live with chronic sinusitis and nasal polyps are more likely to also live with anxiety and depression. While nasal polyps aren’t a direct cause of these issues, experts believe they are linked.

“We don’t know exactly why the connection exists, but in large part, we see that overall quality of life is affected when you deal with the symptoms of nasal polyps and resulting chronic sinusitis,” says Kenneth Zuckerman, MD, an otolaryngologist at ENT Specialists of Orange County in Newport Beach, CA.

Your best defense is treating the issue with good prevention measures and medications. But there are steps you can take to bolster your overall mental wellness as you do.

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Nasal polyps make it hard to breathe. When you can’t breathe, you can’t sleep. Treating your polyps can get you sleeping again. Some steps you can take on your own might help, too. Here’s what you need to know about nasal polyps, sleep, and how you can get the rest you need.

HOW NASAL POLYPS AFFECT SLEEP
Nasal polyps, when they’re big enough or in certain places, can block airflow through your nose. “This leads to frequent arousals from sleep, mouth breathing, and dry mouth,” says Shannon Sullivan, MD, a sleep specialist at Stanford Sleep Medicine Center in Redwood City, CA.

Mouth breathing is more than just uncomfortable when you’re nodding off. It can lead to other problems. For starters, snoring, which can interrupt breathing and wake you up all night. “If you have sleep apnea, polyps can exacerbate it,” says Noah S. Siegel, MD, director of the sleep medicine and surgery division at Massachusetts Eye and Ear in Boston. “If you’re not breathing through your nose, you might not get the benefit of your sleep apnea therapies like a CPAP or oral appliance.”

When your mouth is open all night, it gets dry. That means waking up with a sore throat. It can even cause dental problems.

GET HELP FROM YOUR HEALTH CARE PROVIDER
“If you have nasal polyps and are sleeping poorly, feeling unrefreshed when you wake, or feeling sleepy during the day, talk to your health care provider,” Sullivan says.

If polyps are the cause of your tossing and turning, the first step is to get the polyps under control so you can breathe at night. “By controlling nasal polyps, you’ll get improvement in your symptoms both during the day and at night,” Siegel says.

If you’ve tried treatments that haven’t worked, it might be time to try something new. You may have other treatment options, including steroid sprays, steroid pills, and surgery.

Sometimes allergies are behind nasal polyps. You’ll need to follow your doctor’s treatment plan for your allergies, too.

WHAT YOU CAN DO
If you don’t get medical care for your polyps, they will continue to keep you up at night. But while you’re between treatments or waiting for a new one to take effect, there are things you can do to move the needle toward better slumber.

Congestion and breathing problems often get worse when you lie down. Some people with polyps breathe easier when they sleep propped up on a pillow or a bed wedge.

Home remedies might help, too. “Sometimes nasal strips or saline rinses help out in certain situations,” Siegel says.

If allergies are behind your nasal polyps, limit your exposure to triggers in your bedroom. How you do that depends on the allergy. You might need to keep pets out of the bedroom, vacuum frequently, or use zippered, allergen-resistant covers on your pillows and mattress. Your doctor can offer other tips.

WHY IT MATTERS
Sleep affects every aspect of your health. Ongoing bad sleep can raise risk for chronic diseases including diabetes, heart disease, obesity, and depression. “Like diet and exercise, sleep is essential for physical health, mental health, and well-being,” Sullivan says. “Healthy sleep helps you be your best.”

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For some people, nasal polyps don’t ever fully go away. But there are many treatment options to help reduce symptoms. Your doctor will choose a treatment based on the size of your polyps, how severe your symptoms are, and what’s causing them.

“The goal with treatment is to reduce inflammation,” says Amy Best, MD, an ear, nose, and throat specialist at Community Hospital East in Indianapolis, IN.

**STEROIDS**
Steroid sprays you inhale through your nose are the typical treatment doctors choose for nasal polyps. You can get some over the counter, or your doctor can prescribe them. These sprays can reduce the size of polyps, or in some cases, make them go away completely,” Best says. You can also take steroids in pill form, but because they go through your whole body, the side effects can be harder to deal with in the long term. Injectable steroids you get in your nose may be an option if your polyps are severe.

**ANTIBIOTICS**
“It’s pretty common to get sinus infections when you have nasal polyps, especially if they’re blocking your nasal passages,” says David Tom, MD, an ear, nose and throat specialist at Oregon Medical Group in Eugene, OR.

If your sinus infection is bacterial, your doctor can prescribe an oral antibiotic to treat the infection and help inflammation go down, reducing the size of your polyps.

**QUESTIONS FOR YOUR DOCTOR**
Understand your treatment course.
+ What side effects should I expect?
+ Do I need to follow any restrictions?
+ Is there a generic alternative for my medication?
+ Where can I learn more about my treatment?

**ANTIHISTAMINES AND ALLERGY SHOTS**
Taking medications like antihistamines and regular allergy shots to tame your allergy symptoms won’t address polyps themselves, but they can help keep inflammation and other issues at bay that lead to polyps forming.

**BIOLOGICS**
You take biologic medications as an injection every other week. Taking them may reduce your chance of needing surgery or oral steroids. “Biologics work by targeting specific cells or proteins in your immune system to reduce the swelling and inflammation of nasal polyps,” Tom says.

**Sinus-Friendly Routines**
These practices can help keep polyp size to a minimum.
+ **Watch for Allergens**
Pinpoint and reduce exposure to triggers.
+ **Rinse**
Saline nasal rinses help flush allergens and irritants.
+ **Avoid Aspirin**
It can increase symptoms for some people.

**ALTERNATIVE MEDICINE**
Always consult your doctor before trying new treatments.

Some studies show that when you apply capsaicin (the chemical that gives cayenne peppers their heat) inside the nose, it may help reduce the size of polyps. It may also cause irritation and burning in your nose. Putting drops of tea tree oil in the water you use for steam inhalation may work as an antimicrobial and help reduce itching, infection, and inflammation.

In studies, turmeric helped calm airway irritation. You can add it to food or try turmeric tea. If medications aren’t working, your doctor may suggest surgery. This may be a permanent fix, or your polyps may grow back afterward. You’ll also need to continue taking medications after your surgery.
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