CRSwNP significantly affects quality of life

**Symptom burden of CRSwNP**

**Severe chronic disease**
- Many patients endure symptoms for years before seeking medical attention

**Smell and taste loss**
- Ranked as SNOT-22 symptom “most affecting their health” by 87% of patients

**Nasal congestion**
- 94% of patients with CRSwNP experience nasal congestion/obstruction/blockage

**Sleep disturbance**
- >75% of patients experience reduced sleep quality

**Impaired emotional and social well-being**
- Higher SNOT-22 scores are associated with a higher likelihood of major depressive disorder

**INCS and SCS Use**
- Daily INCS and saline rinses recommended for all patients with CRSwNP
- 23%–71% use SCS

**Symptom and surgery recurrence**
- ~46% of patients with CRSwNP undergo endoscopic sinus surgery (ESS)
- 35% polyps recur
- 76% smell loss recurs
- 68% nasal congestion/obstruction recurs
- 96% had partially controlled or uncontrolled disease within 5 years of surgery

**Treatment burden of CRSwNP**

HRQoL impairments caused by CRSwNP are comparable with those of other serious chronic diseases

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*Meta-analysis of 6 studies reporting a range of patients with CRSwNP using SCS. **Thick nasal discharge and facial pain/pressure recurred in 66% and 53% of patients, respectively. †Patients with severe CRSwNP. AE, adverse event; CRSwNP, chronic rhinosinusitis with nasal polyps; HRQoL, health-related quality of life; INCS, intranasal corticosteroids; SCS, systemic corticosteroids; SNOT-22, 22-item Sinonasal Outcomes Test.*
CRSwNP SIGNIFICANTLY AFFECTS QUALITY OF LIFE

Loss of sense of smell increases patients’ psychological burden

- Depression
- Anxiety

Normosmia=no loss in sense of smell
Hyposmia=reduced sense of smell
Anosmia=complete loss of sense of smell

Mean SCL-90-R score

$P<0.05$

CRSwNP, chronic rhinosinusitis with nasal polyps; SCL-90-R, Symptom Checklist-90-Revised.
The Berlin Questionnaire was used as a screening tool for the identification of patients at high risk of obstructive sleep apnea.

CRSwNP, chronic rhinosinusitis with nasal polyps.


CRSwNP SIGNIFICANTLY AFFECTS QUALITY OF LIFE

CRSwNP impairs sleep quality and nasal patency and increases daytime sleepiness\(^1\)

\[38\%\] of patients with CRSwNP are at increased risk of sleep apnea\(^*\)

Sleep disturbances/impairments include\(^3\):
- Snoring
- Fragmented sleep

*The Berlin Questionnaire was used as a screening tool for the identification of patients at high risk of obstructive sleep apnea.\(^2\)
CRSwNP, chronic rhinosinusitis with nasal polyps.
CRSwNP significantly affects quality of life

Patients with CRSwNP have impaired social well-being

- Feel self-conscious about their disease
- Experience less enjoyment socializing
- Lose confidence
- Miss work

CRSwNP, chronic rhinosinusitis with nasal polyps.
Common adverse events and conditions associated with SCS use*

- Hypertension: 57.6%
- Hyperglycemia: 55.76%
- Insomnia: 50%
- Acid reflux: 29.44%
- Anxiety: 23.27%
- Diabetes: 23.04%
- Mood changes: 21.66%
- Increased appetite: 12.67%
- Glaucoma: 10.83%
- None: 7.83%
- Osteoporosis: 6.68%
- Susceptibility to infections: 3.69%
- Adrenal suppression: 2.3%
- Cataract: 1.38%

*From a survey of Italian otorhinolaryngologists.
CRSwNP, chronic rhinosinusitis with nasal polyps; SCS, systemic corticosteroids.
CRSwNP SIGNIFICANTLY AFFECTS QUALITY OF LIFE

Over 95% of patients had sign and symptom recurrence within 3 years of surgery, regardless of surgical approach.

CRSwNP, chronic rhinosinusitis with nasal polyps; Draf 3, endoscopic modified Lothrop procedure; FESS, functional endoscopic sinus surgery; RESS, radical endoscopic sinus surgery; SNOT-22, 22-item Sinonasal Outcomes Test; VAS, visual analog scale.


**Congestion**

**Loss of smell**

**SNOT-22**