

Summary and Conclusion

This study was performed with the purpose of testing the protective effect of topical corticosteroids before nasal challenge test in cases of allergic rhinitis.

In addition, the study aimed at comparing the protective effect of these drugs against symptoms of allergic rhinitis e.g. sneezing, rhinorrhoea, itching when these drugs are used for 3 h. and for 2 weeks before nasal challenge test. The study included 20 patients with allergic rhinitis. Those patients were divided into two groups; the first group used the topical steroids for 2 W. before nasal challenge test while the second group used the same drugs only for 3 h. before nasal challenge test. The results of our study showed that the protective effect of topical steroids is nearly the same in both groups.

Clinically, the symptoms of allergic rhinitis were not provoked in both groups when nasal challenge test was done following the use of topical steroids

At the same time, IgE assay showed that the level of this antibody was lowered nearly to the same value in both groups when measured after nasal challenge test following the use of topical steroids.

From these results we can conclude that it is sufficient for the patients with allergic rhinitis to use the topical steroids only for 3 h. to protect themselves if they are expected to or accidentally exposed to their specific antigens. This is of course is considered to be simple and an economic way for the use of these drugs.

It can also be concluded that the level of IgE in nasal secretions is considered to be an accurate measure to the degree of allergy and also is useful in the follow up after treatment of these cases.