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Vasomotor Rhinitis

Vasomotor rhinitis is a chronic condition of the nose.

The typical symptoms include nasal congestion, clear nasal drainage, and postnasal discharge.

Vasomotor rhinitis patients have an increased sensitivity to irritants and changes in the environment even though no allergy can be identified by allergy skin testing. Vasomotor rhinitis may result from an imbalance in the cholinergic nervous system that controls the secretion of nasal mucus and the development of nasal congestion or represent local irritation of nerve endings in the nose.

Usual aggravating environmental factors and irritants include:

- Changes in barometric pressure
- Changes in temperature
- Chemicals
- Cigarette smoke
- Humidity
- Newsprint
- Perfume
- Pollution

Several other conditions can mimic vasomotor rhinitis including:

- Addiction to nasal spray decongestants
- Deviated nasal septum
- Hypothyroidism
- Infection
- Nasal Polyps

Treatment of vasomotor rhinitis includes the use of Atrovent nasal spray and other medications used in the control of regular allergies such as nasal anti-inflammatory sprays, antihistamines, and decongestants. Any environmental irritants should be avoided. Unfortunately patients with vasomotor rhinitis do not respond as well to medications as patients with allergic rhinitis.