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Influence of asthma on ARIA classification of allergic rhinitis in the population-based cohort Constances

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ABSTRACT

INTRODUCTION - Few population-based studies have described allergic rhinitis (AR) according to the Allergic Rhinitis and its Impact on Asthma (ARIA) classification. **AIMS** - To describe AR according to its severity and duration and taking asthma multimorbidity into account among adults from the population-based cohort Constances. **METHODS** - Cross-sectional analyses were performed using data from the 2014 annual follow-up questionnaire. AR was defined by sneezing, runny or blocked nose in the last 12 months and the report of nasal allergies. Following ARIA recommendations, rhinitis was considered according to its severity (mild or moderate-severe) and duration (intermittent or persistent). Asthma ever was self-reported on questionnaire. **RESULTS** - Among the 4675 participants with AR (57% women, mean age 50.2±12.7 years), 44% were classified as mild/intermittent, 16% mild/persistent, 25% moderate-severe/intermittent, and 15% moderate-severe/persistent. Within each of the four ARIA classes, compared to participants with rhinitis alone, participants with rhinitis and asthma had significantly more severe symptoms, more conjunctivitis, higher levels of eosinophils and more common treatments with intra-nasal corticosteroids and oral antihistamines co-medication (all $p < 0.05$). **CONCLUSION** - This is a paradigm changing study as, for the first time we show how taking asthma status into account modify ARIA classification. Moreover, it was done in a large population-based study in adults. This study confirms that rhinitis alone and rhinitis and asthma represent two entirely different phenotypes. This new classification should be used for new guidelines.

KEYWORDS: -

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