

## Nasal Allergies: Related Problems

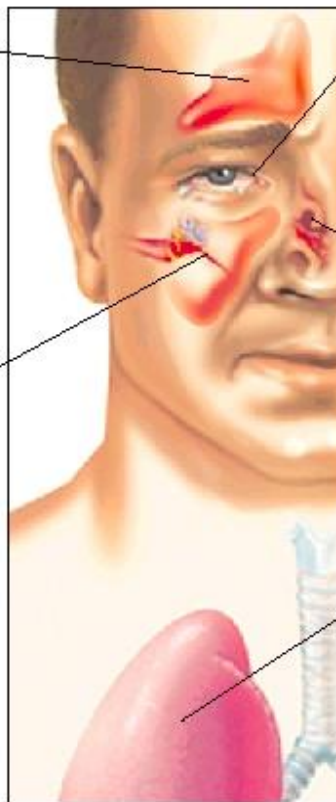
Other problems may occur as a result of allergic irritation and inflammation. If you have one of the following problems, talk to your doctor about treatment options.

### Sinus Infections

Bacteria may grow in trapped fluid in the sinuses. These bacteria can cause infection (sinusitis).

### Ear Problems

The **eustachian tube** connects the middle ear to nasal passages. Air passes in and out of the ear through this tube. If an allergic reaction blocks this tube, the trapped air can make the ear feel plugged. Fluid may also build up, leading to an ear infection (**otitis media**).



### Eye Inflammation

Allergens can irritate your eyes, causing them to become red, itchy, puffy, and watery (**conjunctivitis**).

### Nasal Polyps

The nasal tissues may swell so much that they form a small sac, called a **polyp**. Polyps can grow large enough to block nasal passages.

### Asthma

When you have asthma, inflammation and swelling of air passages in the lungs can make breathing difficult. This inflammation and swelling is sometimes caused by an allergic reaction.

**Publication Source:** Bachert C, van Cauwenberge P, Middleton's Allergy: Principles and Practice, 6th ed., Chapter 78 - Nasal polyps and sinusitis, 2003, pp 1425-1432

**Publication Source:** Barney NP, Graziano FM, Middleton's Allergy: Principles and Practice, 6th ed., Chapter 88 - Allergic and immunologic diseases of the eye, 2003, pp 1601-1602

**Publication Source:** Henderson WR, Lodewick MJ, Middleton's Allergy: Principles and Practice, 6th ed., Chapter 29 - Animal Models of Asthma, 2003, pp 465

**Publication Source:** Skoner DP, Gentile D, Mandel EM, Casselbrant ML, Middleton's Allergy: Principles and Practice, 6th ed., Chapter 79 - Otitis media, 2003, pp 1437

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