

Chronic rhinosinusitis with nasal polyps and type 2 inflammation

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Current treatment paradigm in chronic rhinosinusitis with nasal polyps (CRSwNP) recommends nasal steroids and saline nasal rinses for milder cases, and oral corticosteroids and eventual surgery for severe cases. The most common endotype of CRSwNP is type 2 inflammation. As a result of the common inflammatory pathway type 2, CRSwNP is often associated with asthma and/or salicylate sensitivity. Classification of chronic rhinosinusitis into different endotypes leads to more precise treatment strategies. Classification endotypes to type 2 or non-type 2 in the future will probably be further developed for treatment purposes. Biologic therapy focused on the pathophysiology of the underlying inflammatory disease type 2 has led to a significant shift in the treatment options for CRSwNP, primarily for the most severe cases, refractory to standard treatment. Our experience proved biologics effective in patients with CRSwNP to whom biologics were prescribed because of severe asthma.

Keywords: chronic rhinosinusitis with nasal polyps, management of nasal polyps, sinus disease, type 2 inflammation