

Allergic rhinitis has negative impact on QOL in teens

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(HealthDay)—For adolescents, allergic rhinitis (AR) has a negative

impact, affecting quality of life, daily functioning, and sleep, according to a review published online recently in the *Annals of Allergy, Asthma & Immunology*.

Michael S. Blaiss, M.D., from the Medical College of Georgia at Augusta University, and colleagues conducted a systematic literature review to examine the burden of AR and allergic rhinoconjunctivitis (ARC) in adolescents aged 10 to 19 years. Twenty-seven articles were identified, which evaluated symptoms, quality of life (QOL), daily activities, emotional aspects, sleep, education, and treatment burden.

The researchers found that rhinorrhea, [nasal congestion](#), and itchy eyes were the AR symptoms rated most bothersome. Regardless of which QOL instrument was used, QOL was worse in adolescents with AR versus controls. Compared with adults or younger children, adolescents were more likely to have an association for nasal symptoms and nasal obstruction with poor QOL. AR also had a [negative impact](#) on daily functioning and sleep. A detrimental effect on absenteeism, school productivity, and academic performance was also reported.

"It is critical that clinicians gain a greater understanding of the unique burden of AR and ARC in adolescents to ensure they receive prompt and appropriate care and treatment to improve clinical and academic outcomes," the authors write.

Several authors disclosed financial ties to pharmaceutical companies, including ALK-Abelló and KMHO, which also provided funding for the study.

More information: [Abstract/Full Text](#)

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