

CONFERENCE ABSTRACT

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LIFE ASSESSMENT QUALITY IN PATIENTS ALLERGIC TO OUTDOOR ALLERGENS IN THE BANAT AREA

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REFERENCES

INTRODUCTION

An increase of severe and complex phenotypes of allergy has been recently documented, especially in the young population and in children. Allergic rhinitis has a prevalence of up to 50% per selected age groups in certain countries.

OBJECTIVES AND BACKGROUND

This study aims to evaluate disease severity and life quality impairment in allergic patients.

MATERIALS AND METHODS

Allergic patients were evaluated in the Allergology Clinic. We selected a total number of 84 patients with seasonal pollinosis who lacked other respiratory comorbidities. An objective symptoms score was constructed and checked against patients' self-evaluation score, both scores ranging on a scale of 1 to 10.

RESULTS

The most frequent clinical manifestations were nasal symptoms (mainly nasal obstruction and rhinorrhea in almost 80% of patients), as well as ocular symptoms (mainly pruritus in 65% of patients). We found a moderate correlation ($\rho=0.508$, $p<0.0001$) between the current symptoms score and the self-assessment score.

CONCLUSIONS

1. The life quality of allergic patients can be severely affected by the disease process, this effect being only partly mitigated by conventional therapy;
2. The clinical manifestations of allergic rhinoconjunctivitis are very diverse, while the patient's own perception of the disease can be misleading.

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