Deviated Nasal Septum & Chronic Hypertrophic Rhinitis
鼻中隔彎曲與慢性肥厚性鼻炎（英文）

Definition:
Nasal septum deviation is a common physical disorder of the nose, involving a displacement of the nasal septum. Chronic hypertrophic rhinitis means long term rhinitis that causes permanent thickening of the mucous membrane.

Causes:
Nasal septum deviation is most frequently caused by impact trauma, such as by a blow to the face. It can also be a congenital disorder, caused by compression of the nose during childbirth.

Rhinitis is a reaction that occurs in the eyes, nose and throat when irritants triggering inflammation and fluid production in the fragile linings of nasal passages, sinuses, and eyelids. Rhinitis is categorized into three types: I. Infective rhinitis includes acute and chronic bacterial infections; II. Nonallergic rhinitis includes autonomic, hormonal, drug-induced, atrophic, and gustatory rhinitis; III. Allergic rhinitis, the most common type, is an allergic reaction triggered by pollen, mold, animal dander, dust and other similar inhaled allergens.

Symptoms:
Nasal septum deviation is common, and most causes no symptoms and requires no treatment. However, the septal deviation may be severe enough to obstruct the passage of air through the nostrils. This obstruction may predispose the patient to sinusitis, infection and nose bleeds.

The most often symptoms of rhinitis are nasal dripping, nasal congestion and post-nasal drip. When patients having both nasal septum deviation and chronic hypertrophic rhinitis, it makes the nasal symptoms more and more severe.

Examination:
Typically, the diagnosis is made by your physician based on a thorough history and physical examination. In addition to the above signs, the physician may find on physical examination deviated nasal septum, dark circles under the eyes, swollen tissue inside the nose. Blood examination can help confirm the allergic rhinitis and tell what specific allergens of patients are.

Treatment:
In most cases a deviated septum can be corrected with a minor surgical procedure known as a septoplasty, in which the surgeon enters through the nostrils and cuts away the obtruding matter. The surgery is performed quickly but the patient may take one to three
weeks to fully recover.
The goal of rhinitis treatment is to reduce the symptoms caused by the inflammation of affected tissues. Antihistamine and topical steroid (nasal spray) can help relieve symptoms of allergic rhinitis. When medication is useless, operation such as turbinoplasty can help in many ways.

Prevention:
Nasal septum deviation can be prevented only from avoidance of nasal trauma. In congenital cases, there’s no proved method to prevent this problem. In cases of allergic rhinitis, the most effective way to decrease allergic symptoms is to completely avoid the allergen. Vasomotor rhinitis can be brought under a measure of control through avoidance of irritants, though many irritants, such as weather changes, are uncontrollable.

Wish you a good health and hope everything goes well with you.

Please contact us if there is any question.
Your attending physician is:_______
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