

RHINITIS AS A CAUSE OF RESPIRATORY DISORDERS DURING PREGNANCY

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Hormonal rhinitis is a common disease of women during pregnancy. They are also three times more prone to sinus infections. The main symptoms are sneezing, nasal congestion or running nose. The diagnosis is usually based on history, physical examination, blood tests, and exclusion of other more common types of rhinitis. The underlying cause of the disease is an elevated level of estrogen which blocks acetylcholine and enhances cholinergic reactions of the nasal mucosa. This causes changes in the nasal mucosa in the form of increased activity of serous-mucous glands and increase of their vasculature. Mucus in the nasal cavity and paranasal sinuses has obstructed flow and the cavity of the sinus gets clogged. Retention of mucus promotes the development of viruses, bacteria and fungi. The disease is usually reversible upon restoration of normal levels of hormones. The aim of this study was to evaluate the prevalence of hormonal rhinitis during the pregnancy. The study was conducted on 117 pregnant women, which remained under the care of doctors in the outpatients? and private gynecological practices in the province of West Pomerania in the years 2009-2010. Information is taken from interviews, questionnaires and data contained in the pages of records of pregnancies. More than half of the women experienced abnormal breathing through the nose (the main symptoms include stuffed nose, sneezing, coughing, presence of pathological secretions from the nose, sinus pains, a feeling of clogged ears, sleeping difficulty). Allergy was reported in 13% of subjects. Rhinitis appeared in almost every week of pregnancy. 11% of women complained on breathing difficulties during childbirth. The occurrence of allergic rhinitis during pregnancy is very high, but the severity may have varied. Obstruction within the nasal cavity and sinuses may impact mothers? breathing and affect their well-being (fatigue, anxiety about the baby, premature uterine contractions caused by coughing).