

G. Paul Doxey, MD

Trusted, experienced personal ENT care

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MD: University of Utah College
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TRUSTED CARE FOR:

- Sinus/nasal problems
- Snoring & sleep apnea
- CT-guided sinus surgery
- Balloonplasty
- Deviated septum
- Nasal blockage/polyps
- Nasal fractures
- Nosebleeds
- Ear pain & infections
- Voice & swallowing disorders
- Care of the professional voice
- Perforated eardrum
- Head & neck surgery/cancer
- Thyroid & parathyroid surgery
- Allergies & testing
- Salivary gland infections & surgery
- Nose reshaping (rhinoplasty)
- Facial or nasal fracture repair
- Otoplasty (correction of overly prominent or poorly positioned ears)
- Neck masses
- Facial wound repair & reconstruction
- Surgical removal of facial moles & tumors

TRUSTED CONVENIENCE:

- Convenient location
- Friendly, courteous staff
- Most insurance accepted & filed
- Major credit cards welcome
- Convenient office hours
- Ample free parking

Nonallergic Rhinitis (Vasomotor Rhinitis)

Nonallergic rhinitis is a chronic disease that causes a stuffy, runny nose. It is usually associated with discharge or postnasal drip and can be a cause of headaches. If allergy skin testing were done on a patient with purely nonallergic rhinitis, the test would be negative, as allergens (pollens, dust, etc.) are not the cause of this condition.

Cause:

We theorize that the cause of nonallergic rhinitis is an imbalance in the autonomic nervous system. This system has two divisions (the parasympathetic and sympathetic) that go to all of the body's organs, including the nose. The parasympathetic causes nasal membranes to swell and produce a runny discharge; the sympathetic system, when stimulated, opens nasal passageways and dries the nose. These two systems, which have opposite functions, are normally in balance. In nonallergic rhinitis, however, the autonomic nervous system reacts inappropriately when irritated and the nose becomes stuffy and/or runny. In other words, the nose is hypersensitive to outside stimulants, which can vary with each person and have nothing to do with allergies. A person may have one or several "triggers," such as:

1. Air pollution
2. Cold outside air
3. Change in temperature or humidity
4. Fumes: gasoline, paint, chemicals, tobacco, perfumes, etc.
5. Air conditioning
6. Sunlight
7. Emotional upsets – laughter, anger
8. Exercise
9. Aging, in some cases

Treatment:

The treatment for nonallergic rhinitis may be disappointing, as we cannot "adjust" the autonomic nervous system. There are ways to minimize this lifelong condition with the use of nasal saltwater irrigation, steroid or other prescription nasal sprays and various allergy pills that can help dry and decongest the nose. Each patient responds differently, so it is advantageous to try all the treatment methods to find the one that works best for you. A patient may commonly have a mild-to-moderately annoying case or a combination of allergies (called allergic rhinitis) along with nonallergic rhinitis. Nonallergic rhinitis can be discouraging, but once understood, it can generally be improved and better tolerated.