



**ALLERGY
ASSOCIATES**
INDEPENDENT ALLERGY AND ASTHMA PHYSICIANS

Kraig W. Jacobson, MD
Sarah S. Kehl, MD
Jason H. Friesen, MD
Melanie Chala Wayne, MSN, FNP-BC

1488 Oak Street, Eugene
OR 97401 541-683-1577

VASOMOTOR RHINITIS

Vasomotor rhinitis is a condition causing nasal symptoms such as congestion and runny nose that are NOT triggered by allergies. "Vaso" refers to blood vessels and "motor" refers to the nerves which innervate nasal tissue and the blood vessels. Rhinitis simply means irritation of the nasal tissue. The symptoms of vasomotor rhinitis come from exposure to irritants such as:

- Dramatic changes in barometric pressure and temperature as occurs with weather changes.
- Strong odors such as perfumes and detergents
- Irritating fumes like paints, gasoline or cleaning solvents
- All types of smoke, especially tobacco smoke
- Alcoholic beverages
- Aspirin
- Some blood pressure medications (beta-blockers)

Our noses serve a very important purpose: to warm, humidify, and filter the air which enters on its way to the lungs. The tiny blood vessels and nerves which are very abundant in your nasal tissue make more or less mucus, depending on the quality of air entering your nose. For example, a normal nose responds to a cold day by becoming a little congested with an increase in mucus production. If you have vasomotor rhinitis, your nose tends to over-respond and overcompensate to various changes in air quality. This can cause increased and prolonged irritation of nasal and sinus tissue, resulting in discomfort.

Treatment of vasomotor rhinitis is most successful with a combination of **avoidance of irritants** and use of medications as prescribed by your doctor.