

## **Diagnosis:**

### **(Not) only the body counts**

**The influence of the rhinitis on the quality of life is a very important information, which affects diagnosis and finally the choice of an adequate therapy. But first of all, a physical examination is necessary to diagnose the causes of rhinitis. The quality of life is not easy to assess. But the physical examination is determined:**

#### **General physical examination**

- Patient history documentation: age, case history, environmental history, living conditions, life-style (e.g. sports, leisure activities)
- Examination of all organs which show allergic reactions
- Special examination of the airways

#### **Testing for specific IgE antibody**

- Skin testing
- Provides evidence of an allergic basis
- Assesses the sensitivity to specific allergens

#### **In vitro assays for specific IgE antibodies**

- Similar sensitivity to skin testing
- More information about the potency of allergens
- More information about cross-reaction of allergens

### **Special diagnostic techniques**

- nasal endoscopy, rhinomanometry (requires special expertise for performance and interpretation)
- nasal smears (eosinophils)
- Saccharin test for mucociliary clearance
- Nasal biopsy (indicated when abnormalities of the structure of cells or cilia is suspected)
- measurement of total IgE and IgG subclasses (limited value, not routinely used)
- measurement of beta-2-transferrin in the nasal secretions (to confirm cerebral spinal fluid rhinorrhea)

### **Testing for comorbid conditions**

- testing for sleep apnea
- pulmonary function tests (to confirm that asthma is (not) present)