



# Allergy Alert

A case-based update

## “Why is my nose always stuffed?”

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### Notes on Mike

Age: 48

**Presentation:** Presents with nasal congestion on a perennial basis for the last two years.

- ✓ There is no itching, sneezing or rhinorrhea.
- ✓ Sense of smell is intact.
- ✓ There is no eye irritation.
- ✓ There is no seasonal exacerbation.
- ✓ There is no previous history of allergies, asthma or eczema.
- ✓ There is no family history of atopy.
- ✓ Patient has no pets and is not exposed to animals elsewhere.
- ✓ Patient works in an office with no unusual airborne exposures.

### Past history

- ✓ Hyperlipidemia controlled with diet.
- ✓ Hypertension controlled with metoprolol.
- ✓ No known drug allergies.
- ✓ Otherwise completely well.

### Physical exam

- ✓ Nasal turbinates are a bit swollen.

What do you suspect?

### *Final diagnosis:*

#### *Nasal congestion induced by metoprolol*

- ✓ Metoprolol, other beta blockers and many other antihypertensive agents act as vasodilators and can exacerbate nasal congestion.
- ✓ The patient is switched to a diuretic agent.
- ✓ Nasal congestion improves and blood pressure control is maintained. **Dx**

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### *Upcoming cases*

- ✓ **June:** Anesthesia allergy vs. anxiety
- ✓ **July:** Psyllium allergy
- ✓ **August:** Wegner's granulomatosis