



Nasal Problems:

Blocked & Runny

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- ✓ Tim is an unemployed alcoholic currently living in a men's shelter
- ✓ He has no itching or sneezing
- ✓ There are no ocular symptoms
- ✓ Recent nasal, rib and metacarpal fractures secondary to a physical altercation with another shelter inhabitant
- ✓ Antihistamines have been ineffective
- ✓ Topical ipratropium has been ineffective
- ✓ He takes multivitamins

Medical history:

- ✓ Tim has no known drug allergies
- ✓ Tim has no history of asthma, eczema or other atopic disorders
- ✓ His family history is not available
- ✓ He has mild chronic liver disease attributed to alcohol abuse

Physical exam:

- ✓ Tim has palmar erythema
- ✓ His physical examination is otherwise unremarkable.

What do you suspect?

Notes on Tim

Age: 45

Presentation:

Presents with an eight-week history of runny nose and nasal congestion, which is worse on the right side

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- ✓ Unilateral watery rhinorrhea after significant head trauma should suggest the diagnosis. The absence of other atopic features helps to exclude the diagnosis of allergy, and to direct the treating physician towards an alternate diagnosis


*Diagnosis:
Cerebrospinal fluid (CSF) rhinorrhea,
likely traumatic*

Management:

- ✓ Prompt neurosurgical consultation is needed
- ✓ Prophylactic antibiotics are often recommended to prevent meningitis
- ✓ Diagnosis and localization is best determined radiologically

Further investigations:

- ✓ He has adequate histamine control and shows no reaction to the common inhalants:

- Dust mite
- Trees
- Grass
- Ragweed
- Alternaria
- Aspergillus
- Cladosporium
- Dog
- Cat
- Cockroach 

Upcoming cases...

- ✓ **May:** Scombroid poisoning
- ✓ **June:** Niacin flush
- ✓ **July:** Alternaria with Rhinoconjunctivitis and Asthma

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