

# AERD AND ALCOHOL INTOLERANCE

**Aspirin-Exacerbated  
Respiratory Disease  
(Samter's Triad)**



**83%**

of AERD patients  
reported respiratory  
reactions to alcohol

## Common Symptoms:

- Runny Nose
- Nasal Congestion
- Wheezing
- Shortness of Breath

The cause of  
these reactions  
is not fully  
understood

Research has shown that the reactions to aspirin  
will typically produce the same type of  
reactions after ingestion of alcohol

Any  
amount of  
alcohol can  
produce symptoms,  
even after just  
a few sips

Wine and  
beer have  
produced a  
more powerful  
reaction

Aspirin desensitization significantly reduced  
reactions to alcohol for the majority of patients

Research is ongoing in regards to why reactions  
occur. One theory is that polyphenols in  
alcoholic beverages may be the culprit.  
Red wine and beer have more of these  
polyphenols than white wine and liquor.