

# Aspirin-Exacerbated Respiratory Disease (AERD)

Your co-worker has been diagnosed with AERD, also known as Samter's Triad - a chronic medical condition that consists of three conditions:

- Asthma
- Sinus disease with recurrent nasal polyps (soft, tear-shaped, painless growths in the lining of the nasal passages and sinuses)
- Sensitivity to aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs), known as Cox-1 inhibitors

**Symptoms often do not respond sufficiently to conventional treatments**

## SYMPTOMS

- Nasal congestion
- Itchy, watery, red eyes
- Coughing, wheezing, chest tightness
- Headache or sinus pressure
- Nausea or abdominal pain
- Hives or a rash
- Alcohol intolerance
- Reduced or absence of smell

## AVOID NSAIDs

Patients with AERD should completely avoid all non-steroidal anti-inflammatory drugs (NSAIDs) that inhibit the COX-1 enzyme. These can cause life-threatening reactions

Patients with AERD can typically take the COX-2 inhibitor drug celecoxib as an anti-inflammatory or pain reliever safely

## COMMON NSAIDs

- Aspirin or acetylsalicylate
- Ibuprofen (Motrin, Advil)
- Naproxen (Aleve, Anaprox)
- Ketorolac (Toradol)
- Diclofenac (Arthrotec)
- Fluriprofen (Ansaid)
- Salsalate (Amigesic, Argesic, Salflex)

**DO NOT GIVE YOUR CO-WORKER WITH AERD THESE MEDICATIONS**

## TREATMENTS

AVOID ASPIRIN AND OTHER NSAID MEDICATIONS

TAKE PRESCRIBED MEDICATIONS TO TREAT ASTHMA AND NASAL POLYPS AS DIRECTED

CONSIDER SURGICAL REMOVAL OF NASAL POLYPS

CONSIDER ASPIRIN DESENSITIZATION

**MAKE SURE TO READ LABELS AND MAKE HEALTHCARE PROVIDERS AWARE OF AERD DIAGNOSIS**