

Aspirin-Exacerbated Respiratory Disease (AERD)



Your family member 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)



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