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Rhinitis in pregnancy among Saudi women

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Aim: Rhinitis is common in Saudi Arabia. Therefore, our study was designed to evaluate the prevalence, triggering factors, severity and progression of rhinitis during pregnancy.

Methods: Prospective cross-sectional study was conducted in eight governmental and private medical centers in Riyadh, Saudi Arabia, during June and July 2014. Validated Arabic language self-administered questionnaire was used. Sample size of 260 Saudi pregnant women was calculated by Raosoft sample size calculator. Random sampling was achieved by choosing one and skipping every five patients in the clinic list. Data were coded and entered manually into spreadsheets then transferred to SPSS statistical package version 16.0 for windows. Consent, privacy and confidentiality of information were assured.

Results: Pregnancy rhinitis was reported 31.2% (CI 25.6 - 37.2%). Symptoms arising in first trimester appeared in 79.2% of PR cases and mostly worsen. The most prevalent symptoms were nasal pruritis (67.5%), followed by sneezing (57.1%), congestion (50.6%) and post nasal drip (46.7%). The major triggering factor was dust (71.4%), followed by tobacco/shisha smoke (57.6%) and perfume (47%). Pre-existing allergic diseases were markedly associated with developing pregnancy rhinitis.

Conclusion: Rhinitis during pregnancy manifested in one third of Saudi pregnant ladies. Nasal pruritus was the most common symptom and dust was the widespread triggering factor.

Biography

Mohammed G Alotaibi is a Medical Doctor with experience of multiple published researches that presented locally and internationally. He was a Leader for multiple activities during university level. He is keen in ENT, researches and community awareness.

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