

Hay fever sufferers are enthusiastic about Rhinolight®

Dr Suzan Bekir¹, RN. Bharati Paudel¹
collective.care, New South Wales, Sydney, Australia

Our aim was to assess the effectiveness of our Rhinolight® treatment protocol in reducing nasal symptoms in patients with Chronic hay fever in primary care.



Benefits of Rhinolight®

- Non-medical treatment for hay fever symptoms
- Minimal side effects
- Cost effective – Bulk billed @ collective.care
- Helps to minimize hay fever symptoms either its seasonal or perennial.
- Outcomes varies from patient to patient
- Treatment benefits can last for months (or longer)

What is Rhinolight®?

A light based treatment combination of UV-B (5%), UV-A (25%) and visible light (70%) into the nasal cavity (Cingi et al., 2010).



Survey Methods:

- Participants: 113 patients, Male and Female.
- 14 questions most of which were adapted from the Nasal Symptoms Score.
- Survey timeframe: June 2016 - June 2017.
- Age group: 6 years and above.

Is Rhinolight® associated with any adverse side effects?

Some patients experience a dry, crusty nose during the course of their Rhinolight® treatment, however this is temporary and can easily be remedied with the application of a vitamin A or E oil (Rhinolight®.eu, 2017).

Each intranasal cavity was irradiated two times a week for 4 weeks with increasing doses as shown in Table 1.

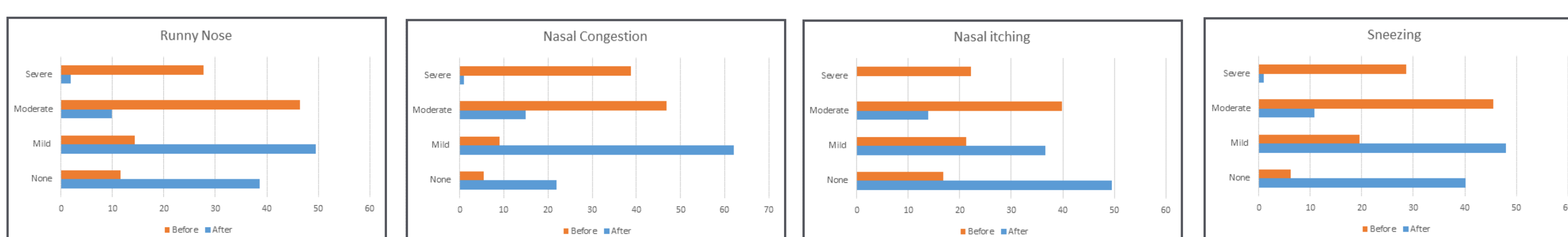
Rhinolight Treatment	Treatment duration
Week 1	2 mins
	2:15 mins
Week 2	2 mins
	2:15 mins
Week 3	2 mins
	2:15 mins
Week 4	2 mins
	2:15 mins

Patients who performed the course were diagnosed with hay fever based on history and nasoendoscopic examination by allergy trained GP's.

Summary of Results/ Findings:

This bar graph shows answers to a survey for collective care about the severity of their allergy symptoms prior the Rhinolight® treatment, how effective the treatment has been to minimize hay fever symptoms and recommendations.

- **98.2%** completed Rhinolight® course.
- **83.2%** noticed positive improvements in nose symptoms.
- **85.7%** consider repeating Rhinolight® treatment again with a seasonal flare.
- **98.2%** would recommend this treatment to a friend or family member.



Conclusion:

The Rhinolight® phototherapy treatment protocol was well tolerated and is an effective treatment for hay fever symptoms.

While obviously our survey result is limited, these results are still very promising and are supported by the growing pool of studies with good evidence that UV phototherapy for the nose to treat hay fever is a safe (Mitchell et al., 2008), effective and potential treatment that could be offered by primary care Doctors.

Can Rhinolight® be repeated?

Yes, Rhinolight treatment can be repeated. No more than 20 treatments can be performed in any given year.

Patients whom Rhinolight® is contraindicated

- Patient under 6 years of age
- Patient suffering from epistaxis
- Patients with severe drying off the nose and scabbing inside the nose
- Patients with nose inflammations due to acute viral or bacterial infection
- Patients with tumors inside the nose or the nasal cavity
- Patients who experiences severe reaction with light therapy