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Immunotherapy as treatment in allergic fungal sinusitis

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Background: Sinusitis is inflammation of sinuses most commonly caused by an allergy or infection, sinusitis is one of the most common medical conditions.

Aim: This study was conducted to assess the efficacy of sublingual immunotherapy as treatment of allergic fungus sinusitis.

Subject & Method: This study was conducted on 243 patients diagnosed clinically as chronic sinusitis, 41 of them provided by histopathology as fungal sinusitis, all patients from Jeddah, Riyadh, Medina and Dubai underwent culture from antral biopsy and Giemsa stain, Gram stain and histopathology. Blood sample was extracted for measuring total IgE and IgE specific allergen (RAST) quantitative skin prick test for fungus, then all patient received immunotherapy initial after surgery and 2 maintenance doses for 18 month follow up by total IgE, IgE specific allergen RAST, skin prick and endoscope.

Results: Showed that the causative fungi by culture was found to be *Aspergillus* in all patient of Riyadh and 12 of the patient of Jeddah and 4 of 6 in Dubai patient and 2/6 in Medina patient, *Alternaria* was prominent in Jeddah 3/27 and *Candida* reported in 2/27 in Jeddah patient, *Penicillium* 4/27 in Jeddah patient, IgE specific allergens noticed as multi allergy in all patients and important after treatment for 18 in all patients group $P < 0.05$ IgE total was reduced from 920 IU/ml to 237 IU/ml there was statistical improvement in all patients groups, according quantitative skin prick there was improvement as P value < 0.05 after immunotherapy.

Conclusion: The patients with A.F.S are allergic to multiple fungal antigens and had high fungal IgE specific and IgE total the response of patients with AFS to immunotherapy after surgery revealed great improvement.

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