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**EVALUATION OF LOCAL NASAL IMMUNOTHERAPY
IN CHILDREN WITH
INTRACTABLE ALLERGIC RHINITIS**

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CONTENTS

	Page
List of Abbreviations	i
List of Tables	iii
List of Figures	v
Abstract	vii
Introduction	1
Review of the literature	
Chapter 1 : Epidemiology Of Allergic Rhinitis	3
Chapter 2 : Classification Of Allergic Rhinitis	8
Chapter 3 : Etiology Of Allergic Rhinitis	11
Chapter 4 : Eosinophils	33
Chapter 5 : Mast cells	48
Chapter 6 : Immunoglobulin E	55
Chapter 7 : Pathogenesis Of Allergic Rhinitis	65
Chapter 8 : Diagnosis Of Allergic Rhinitis	69
Chapter 9 : Comorbid Disorders Of Allergic Rhinitis	81
Chapter 10 : Differential Diagnosis Of Allergic Rhinitis	86
Chapter 11 : Environmental Control and Allergen Avoidance	90
Chapter 12 : Pharmacological Management Of Allergic Rhinitis	95
Chapter 13 : Immunotherapy Of Allergic Rhinitis	109
Chapter 14 : Alternative Medicines For Allergic Rhinitis	115
Chapter 15 : New Treatments Of Allergic Rhinitis	118
Subjects and methodology	121
Results	127
Discussion	160
Conclusions	173
Recommendations	174
Summary	175
References	178
Appenidices	192
Arabic summary	

List of Abbreviations

ACE	Angiotensin- converting enzyme) inhibitors
Ags	Antigens
APCs	Antigen Presenting Cells .
AR	Allergic rhinitis
ARIA	Allergic Rhinitis and its Impact on Asthma
BALT	Bronchus Associated Lymphoid Tissue
CD	Clusters of Differentiation antigens
Cfegs	Clusters Of Free Eosinophil Granules
CSs	Corticosteroids
CSF	Cerebro Spinal Fluid
cysLTs	Cysteinyl Leukotrienes
ECL	Eosinophil Cytolysis
ECP	Eosinophil Cationic Protein
EDN	Eosinophil Derived Neurotoxin
EM	Electron Microscope
Epo	Eosinophil Peroxidase
Fab	Fragments antigen binding sites
GIT	Gastro Intestinal tract
GALT	Gut Associated Lymphoid Tissue
GM-CS	Granulocyte Macophage Colony Stimulating factor
GATA	Guanine-Adenine-Thymine-Adenine
HRQoL	Health-Related Quality of Life
ICAM-1	Intercellular Adhesion Molecules
LFA-1	Leukocyte Function-Associated Antigen One
LNI	Local Nasal Immunotherapy
LTC₄	leukotriene C₄
LTD₄	leukotriene D₄
MALT	Mucosa Associated Lymphoid Tissue
Met-Ckb 7	Met-Chemokine Beta Seven
Mph	Meter per hour
MBP	Major Basic Protein
NALT	Naso-phayngeal Associated Lymphoid Tissue

N C	Numbert of Children In The Family
NETS	Nasal Eosinophils Tissue Score
OME	Otitis Media with Effusion
OTC	Over The- Counter
PAF	Platelet Activating Factor
PAR	Perennial Allergic rhinitis
PGD	Prostaglandin
PMD	Piecemeal Degranulation
PPARγ	Peroxisome Proliferator-Activated Receptor Gamma
RH	Relative Humidity
RANTES	Regulated on Activation Normal T Cell Expressed and Secreted
RAST	Radioallergosorbent Test
RLN	Regional Lymph Nodes
SAR	Seasonal Allergic Rhinitis
SIT	Subcutaneous Immunotherapy
SLIT	Sublingual immunotherapy
SES	Socio- Economic Status
SETS	Sputum Eosinophils Tissue Score
SRS-A	Slow-Reacting Substance Of Anaphylaxis
TGF	Tissue growth factor
TNNS	Total Non Nasal Symptoms Severity
TNSS	Total Nasal Symptoms Severity
VLA	Very Late Antigen
VOC	Volatile Organic Compounds

List of Tables

Table of review	Page
Table (1) : Characteristics of group 1 and 2 Mites allergens	17
Table (2) : Structure and biologic function of selected mammalian allergens	21
Table (3) : Source and structure of Cloned Lipocalin Allergens	22
Table (4) : Life cycle of cockroaches	26
Table (5) : Immunochemical properties of cockroach allergens.	26
Table (6) : Some relevant allergens from fungi by molecular cloning	31
Table (7) : Mast Cell Heterogeneity	50
Table (8) : Montelukast summary	103
Table (9) : Gender distribution of the sample of children with intractable allergic rhinitis studied for LN I	127
Table (10) : Age Frequencies of the sample	128
Table (11) : Birth order of the sample of children with intractable allergic rhinitis studied for LN I	129
Table (12) : Governorates of the sample of children with intractable allergic rhinitis studied for LN I	130
Table (13) :Duration in years for the sample of children with intractable allergic rhinitis studied for LN I	131
Table (14) : Tonsils ' situation for the sample of children with intractable allergic rhinitis studied for LN I	132
Table (15) : Percentage of Skin Test Results for the sample of children with intractable allergic rhinitis studied for LN I	134
Table (16) : Number of Antigens per patient for the sample of children with intractable allergic rhinitis Before LN I	135
Table (17) : Number of skin test antigens per patient for the sample of children with intractable allergic rhinitis before and after LNI	136
Table (18) : Blood Eosinophils for the sample of children with intractable allergic rhinitis before and after LNI	138
Table (19) : Nasal Eosinophils for the sample of children with intractable allergic rhinitis before and after LNI	140
Table (20): Nasal Eosinophils Tissue Score (NETS) for the sample of children with intractable allergic rhinitis before and after LNI	142

Table (21) : Sputum Eosinophils for the sample of children with intractable allergic rhinitis before and after LNI	144
Table (22) : Sputum Eosinophils Tissue Score (SETS) for the sample of children with intractable allergic rhinitis before and after LNI	146
Table (23) : IgE Before and After LNI for the sample of children with intractable allergic rhinitis before and after LNI	148
Table (24) : Scoring Assessment of Nasal Symptom Severity for the sample of children with intractable allergic rhinitis Before LNI and After LNI ; Raw table	151
Table (25) : Statistical Assessment of Total Nasal Symptom Severity (TNSS) for the sample of children with intractable allergic rhinitis Before LNI and After LNI	152
Table (26) : Assessment of Non Nasal Symptoms Severity for the sample of children with intractable allergic rhinitis Before LNI and After LNI	154
Table (27) : Statistical Assessment of Total Non Nasal Symptoms Severity (TNNSS) for the sample of children with intractable allergic rhinitis Before LNI and After LNI .	155
Table (28) :Statistical Assessment of Chronic cough for the sample of children with intractable allergic rhinitis Before LNI and After LNI .	156
Table (29) : Assessment Of The Socio- Economic Status (SES) of The Family for the sample of children with intractable allergic rhinitis .	158
Table (30) :Statistical Assessment Of The Socio- Economic Status (SES) of The Family for the sample of children with intractable allergic rhinitis .	159

List of Figures

Figure	Page
Figure (1) : The New Classification of allergic rhinitis	10
Figure (2) : Neutrophils Figure	33
Figure (3) : Eosinophil Figure	33
Figure (4) : Basophil & Mast Cell	33
Figure (5) : Paul Ehrlich	34
Figure (6) : IL-5 by the EM	35
Figure (7) : Remodeling	37
Figure (8) : Structural representation of the beta-chemokines, MIP-1 beta) and RANTES	39
Figure (9) : Eotaxin Ultrastructure by the EM	39
Figure (10) : Ultrastructure of The Eosinophils By The EM	40
Figure(11):Transmission electron micrograph of nasal biopsy specimen obtained during active allergic rhinitis	44
Figure(12) : Fate of tissue eosinophils	44
Figure (13) : Mast Cells	48
Figure(14) : Spindle-shaped human skin mast cell grown on human skin fibroblast feeder layers	48
Figure (15) : Electron micrograph of cutaneous mastocytosis mast cells.	49
Figure (16) : Adhesion molecules	51
Figure (17) : Basic Structure Of Immunoglobulins	56
Figure (18) : The structure of IgE.	59
Figure (19) : Assessment Of Nasal Symptom Severity	72
Figure (20) : Assessment Of Non Nasal Symptom Severity	74
Figure (21) : Global Assessment Of Nasal and Non Nasal Symptom Severity	75
Figure (22) : Gender distribution of the sample of children with intractable allergic rhinitis studied for LN I	127
Figure (23) : Age Frequencies of the sample of children with intractable allergic rhinitis studied for LN I	129
Figure (24) : Birth order of the sample of children with intractable allergic rhinitis studied for LN I	130
Figure (25) : Governorates of the sample of children with intractable allergic rhinitis studied for LN I	131

Figure(26) : Duration in years for the sample of children with intractable allergic rhinitis studied for LNI	132
Figure (27) : Tonsils ' situation for the sample of children with intractable allergic rhinitis studied for LNI	133
Figure (28) : Blood Eosinophils for the sample of children with intractable allergic rhinitis before and after LNI	140
Figure (29) : Nasal Eosinophils for the sample of children with intractable allergic rhinitis before and after LNI	142
Figure (30): Nasal Eosinophils Tissue Score (NETS) for the sample of children with intractable allergic rhinitis before and after LNI	144
Figure (31) : Sputum Eosinophils for the sample of children with intractable allergic rhinitis before and after LNI	146
Figure (32) : Sputum Eosinophils Tissue Score (SETS) for the sample of children with intractable allergic rhinitis before and after LNI	148
Figure (33) :IgE Before and After LNI for the sample of children with intractable allergic rhinitis before and after LNI	150
Figure (34) : Assessment of Nasal Symptom Severity for the sample of children with intractable allergic rhinitis Before LNI and After LNI	153
Figure (35) : Assessment of Total Non Nasal Symptoms Severity for the sample of children with intractable allergic rhinitis Before LNI and After LNI	156
Figure (36) :Assessment of Chronic cough for the sample of children with intractable allergic rhinitis Before LNI and After LNI .	157

ABSTRACT

EVALUATION OF LOCAL NASAL IMMUNOTHERAPY IN CHILDREN WITH INTRACTABLE ALLERGIC RHINITIS

Allergic rhinitis is a very common chronic disorder that affects 10% of children and 20% of adolescents and young adults . However, it is frequently underdiagnosed and its importance as a cause of morbidity underestimated . **AIM OF THE STUDY:** To assess the clinical efficacy and safety of local nasal immunotherapy in children with allergic rhinitis. **SUBJECTS & METHODS:** This study was conducted on 50 children (5-18 years) from 6 Egyptian governorates in the Allergy Unit in Ain Shams University Hospitals . **RESULTS:** Skin test results showed significant improvement after LNI , The Number of antigens per patient mean before LNI was 3.44 ± 1.84 and became 0.06 ± 0.24 after LNI , $P < .001$ (Significant) . The mean for Blood Eosinophils before LNI was 3.32 ± 1.30 and it became 2.50 ± 0.74 after LNI, $p < .001$ (Significant) . The mean for Nasal Eosinophils before LNI was 7.12 ± 1.61 , and it became 2.56 ± 0.88 after LNI , $p < .001$ (significant) . The mean for Sputum Eosinophils before LNI was 4.68 ± 1.92 and after LNI it became 2.74 ± 0.94 , $p < .001$ (significant) . Nasal Eosinophils Tissue Score before LNI Mean was 2.46 ± 1.04 and it became 1.06 ± 0.31 after LNI , $p < .001$ (significant) . Sputum Eosinophils Tissue Score before LNI Mean was 1.49 ± 0.55 and it became 1.16 ± 0.42 after LNI Mean , $p < .001$ (significant) . IgE Before LNI Mean was 155.82 ± 101.21 and it became 50.31 ± 32.52 after LNI , $P < 0.001$ (significant) . Nasal Symptoms Severity Score before and after LNI were (29.60 ± 3.11 and 5.00 respectively) showed a significant improvement , $p < 0.001$. Non Nasal Symptoms Severity Score before and after LNI (21.40 ± 3.90 and 6.00 respectively) showed a significant improvement , $p < 0.001$. **CONCLUSION:** LNI offers advantages such as good efficacy , safety and a more convenient allergen delivery in children with allergic rhinitis , simplified schedule for self-administration; improved patient compliance; and reduction of local side effects . **KEYWORDS:** LNI , IgE , Eosinophils .

INTRODUCTION

Allergic Rhinitis is defined as a symptomatic disorder of the nose resulting from an IgE-mediated immunological reaction following exposure to allergen. Allergic rhinitis is the most prevalent chronic allergic disease in children. Although it is not life-threatening, it can have a significantly detrimental effect on the quality of life, and it may exacerbate a number of common comorbidities, including asthma and sinusitis (Gelfand , 2005) .

Allergic rhinitis (AR) is the most common chronic atopic disease, and it is associated with considerable costs and comorbidities. (Sanico , 2004) . Hay fever is a modern disease. It was virtually unknown before 1800 and has become common only during the last hundred years. The first case to be described medically was in 1819 but the causes of the disease were not identified until 1873. Medical statistics show that the incidence of hay fever rose steadily during the nineteenth century in many countries including France, Germany and the United States. The numbers of people affected by hay fever have continued to increase since 1900 and it has become prevalent in countries, such as Japan ,where it was unknown 40 years ago.

AR usually is thought to be a minor annoying disease, it can be quite significant. Quality-of-life studies have demonstrated that patients find AR to be just as debilitating and intrusive as severe asthma. AR is an immunoglobulin E (IgE)–mediated reaction to a variety of allergen triggers. The most common allergens are dust mites, pets, cockroaches, molds, and pollens. These triggers cause a release of mediators that lead to a variety of symptoms, including sneezing; nasal congestion; stuffiness; rhinorrhea; cough; itching of the nose, eyes, and throat; sinus pressure; headache; and epistaxis (Becker , 2004) .

Allergic rhinitis is a very common chronic disorder that affects approximately 20% the population in USA, Europe and Asia . Its prevalence in children is 10% and in adolescents and young adults is 20% (Sly, 2000). However, it is frequently underdiagnosed and its importance as a cause of morbidity underestimated. It has a serious toll on the children's health, well being, school performance and quality of life. Common complications include sinusitis and rhinitis medicamentosa. The median age of presentation is 10 years (Becker, 2004). Allergic rhinitis is present in 75% of children with bronchial asthma (Warner, 1989).

Sensitization to outdoor allergens e.g. Pollen occurs when the child is 3-5 years and to indoor allergens e.g. House dust mites at an earlier age. The antigen will cross-link to IgE molecule on the surface of mast cells causing their degranulation releasing a variety of mediators such as histamine, prostaglandin D₂, platelet activating factors, leukotrienes and other mediators. Two reactions follow this, the first involves immediate symptoms as nasal itching, nasal discharge, sneezing and congestion. The second reaction occurs hours later and is due to recruitment of inflammatory cells with the release of eosinophils and basophils mediators (Sly , 2002).

Symptoms of allergic rhinitis include, rhinorrhea, nasal congestion, postnasal discharge, repetitive sneezing and itching of the nose or eyes. Often associated with snoring, frequent sore throat, and headache (Becker, 2004) .

On examination, children often show nose wrinkling and twitching. Repeated rubbing of the nose tip with the dorsum of the hands is characteristic. The nasal mucosa is usually edematous and congested. Watery mucoid secretions may be noted in the nasal cavities and posterior pharyngeal wall. Conjunctivitis may be associated with allergic rhinitis. Signs of atopic dermatitis may be evident (Warner, 1989) .

No studies are needed if the clinical history is evident. When the history is confusing the followings are helpful:

1. Nasal smears for eosinophils.
2. CBC for eosinophilia.
3. Ig E: May be elevated.
4. Skin testing to identify the triggering agent (Becker, 2004) .

The prognosis of allergic rhinitis is not good (Sly, 2000). Only patients who receive allergen-specific immunotherapy are cured (Becker, 2004) .

The Aim of the study is to assess the clinical efficacy and safety of local nasal immunotherapy in children with intractable allergic rhinitis.

CHAPTER 1:

EPIDEMIOLOGY OF ALLERGIC RHINITIS

Allergic rhinitis is the most common allergic disease, it is the most common chronic disease in United States affecting 20–40 million people in the US alone, including 10-30% of adults and up to 40% of children . Allergic rhinitis significantly affects quality of life accounting for two million missed school days and three million missed work days (Skoner ,2001) & (Matricardi & Rosmini , 2002).

Allergic rhinitis is a major chronic respiratory disease due to its prevalence , impact on quality of life , impact on work /school , performance and productivity , economic burden , and its links with asthma. Allergic rhinitis is defined as being a “major” disease based upon the epidemiologic parameter; prevalence. Its prevalence however, is dependent upon the definition of the disease itself. It can be high if the definition is fuzzy, e.g. “signs and symptoms,” or it can be low (therefore a rare or “minor” disease) when strict definitions are applied .

Frequency:

In the US: Prevalence in the United States is 10-20%. Rates as high as 38.2% were demonstrated when patients were asked if they experienced fewer than 7 days of symptoms. When AR was defined as symptoms lasting more than 31 days, prevalence dropped to 17% . Internationally: In temperate areas of Europe and Asia, frequency is similar to that in the United States (Becker , 2004).

Sex: No sex predilection exists.

Age:

Onset of allergic rhinitis is usually under age 30 and its peak incidence is in childhood and adolescence . Allergic rhinitis is more common in children than adults and is one of the major chronic conditions in children < 18 years old (Skoner , 2001) .

In 80% of cases, it develops before the age of 20 years . Symptoms develop by 2–3 years of age in 20% of cases, and 40% of cases have symptoms by 6 years . Symptoms tend to improve with age, particularly in those who have an early onset of the disease.(Kalliomaki et al , 2001) .

AR usually presents in early childhood. AR caused by sensitization to outdoor allergens usually occurs when a child is older than 2 years; however, sensitization in children aged 4-6 years is more common. Clinically significant sensitization to indoor allergens may occur in younger children if the children have significant exposures to allergens such as molds, furry animals, cockroaches, or dust mites. Some children may be sensitized to outdoor allergens at this young age if they have significant exposure, as is seen if a parent works in the landscaping field. Incidence continues to increase until the fourth decade of life, when symptoms begin to fade; however, individuals can develop symptoms at any age (Becker , 2004) .

Race:

No race predilection exists; however, individuals from various racial backgrounds seek out medical attentions often than whites. Becker , 2004).

Prevalence

Prevalence is greater in boys than girls, but there is little difference between the sexes in adulthood (Skoner , 2001) .

The prevalence of allergic diseases varies worldwide. The International Study of Asthma and Allergies in Childhood (ISAAC) found that 12-month prevalences of allergic rhinoconjunctivitis in 13–14 year olds varied between 1.4% and 39.7%: low prevalences were found in

Albania, Georgia, Estonia, Latvia, Romania, and Indonesia, and high prevalences were found in Nigeria, Paraguay, Malta, Hong Kong, and Australia (Clayton , 1998) .

In 1999, the reported prevalence of allergic rhinitis in young adults approximately 16-18 years of age was 23% in Great Britain, 26% in the USA , and 36% in Japan. In the United States, allergic rhinitis ranks as the fifth most common chronic disease (Schoenwetter et al ,2004) .

The prevalence of allergic rhinitis is increasing in both adults and children, particularly in populations with a Western lifestyle : the number of children affected has doubled in the last 20 years (Ceuppens , 2000) .

The cause of this increase is uncertain, but possible factors include

- 1. Higher levels of airborne pollution,**
- 2. Rising dust mite populations,**
- 3. Less ventilation in houses and offices,**
- 4. Dietary factors, and the trend towards sedentary lifestyles.**
(Kalliomaki et al , 2001) .

Other more controversial theories that attempt to explain the increased prevalence of allergic rhinitis over the last 40 years include the following :

- 1. Changes in diet ,antibiotic use, immunizations, and patterns of infection in childhood, leading to changes in the numbers of people with T-helper (Th) 2, rather than Th1 immune responses .**
- 2. The 'hygiene hypothesis' associated with the greatly improved sanitation typical of a Western lifestyle, which is gaining credence (Schoenwetter et al ,2004) .**