

Bouatay R, Ben Khalifa O, Bouaziz N, Gueddari M, Ferjaoui M, El Korbi A, Kolsi N, Harrathi K, Koubaa J  
Otorhinolaryngology and head and neck surgery department of Monastir (Tunisia)

### Introduction

**Samter's triad** also known as **widal trial** is characterised by nasal polyposis, asthma and aspirine intolerance. This syndrome tends to be more severe and difficult to assess by conventional medical and surgical therapy, thus it poses a challenge to the clinician. Actually there's no standardized protocol in the management of this syndrom.

### Objective

We aim to describe our experience in the management of samter's syndrome.

### Methods and materials

A retrospective study including 47 patients with samter's triad during the period from January 2002 to December 2021.

### Results

**The main complaints:** nasal obstruction (100%), anosmia (80%), rhinorrhea (59,6%), cranio facial pain (53,2%) and sneezing (53,2%).

**The endoscopic staging of sinonasal polyyps :** stage III of Jankowski (60%) and stage IV (26,5%) (Figure1)

**Medical treatment:** All patients required short courses of oral corticosteroids at the dose of 1mg/kg/day for 10 days in addition to their regular use of intra nasal steroid spray and nasal lavage → The results of medical treatment were mediocre.

**Surgical treatment:** Functional endoscopic sinus surgery (FESS)

**Results of surgical treatment:** improvement of nasal obstruction (100%), olfaction recuperation (68,1%) and diminution of rhinorrhea (87,2%), improvement of asthma symptoms (72,3%) after 12 months of FESS (Figures 2 & 3)

**Recurrence :** objected in **21,3%** of patients after 36 months in average. Among them, **4,3%** required polypectomy under general anesthesia..

**Adjuvant treatment :** None of our patients underwent aspirin desensitization or immunomodulatory therapy

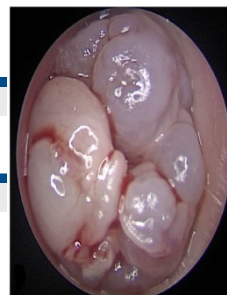


Figure1: Stage IV of Jankowski

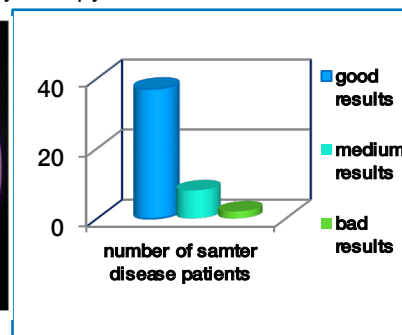


Figure2: Results after 12 months of FESS

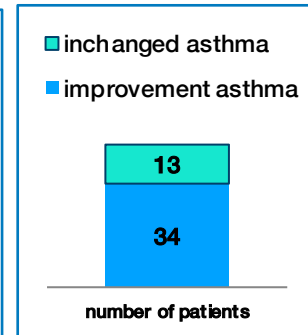


Figure3: Results of asthma 12 months after FESS

### Conclusion

**Sinonasal polyps in samter's syndrome are often extensive, difficult to treat and have high tendency to recur after FESS. Aspirin desensitization and immunomodulatory therapy are new and effective pattern in management of samter's syndrom.**

### References

- 1) Mrówka-Kata K, Current view on nasal polyps management in Samter's triad patients. *Otolaryngol Pol.* 2012;66(6):373-8
- 2) Rotenberg BW. Postoperative care for Samter's triad patients undergoing endoscopic sinus surgery: a double-blinded, randomized controlled trial. *Laryngoscope.* 2011; 121: 2702–2705