

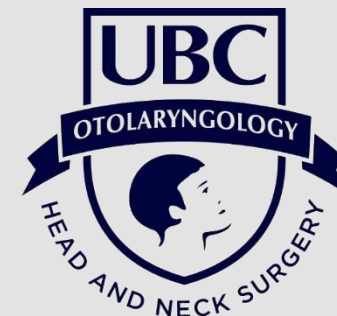
Acute and Chronic Rhinosinusitis: Current Trends in Diagnosis and Management

Amin R. Javer, MD FRCSC FARS

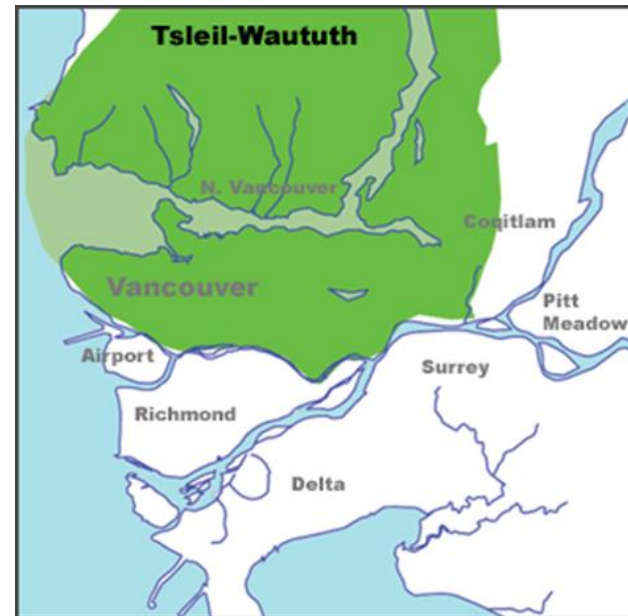
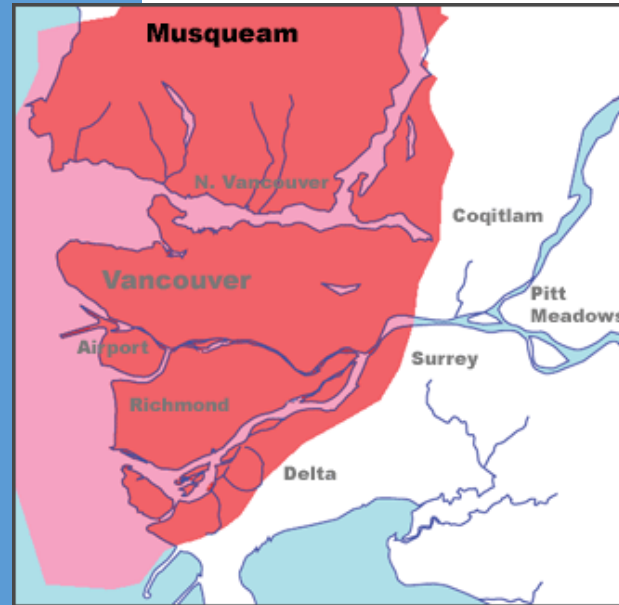
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We would like to acknowledge that we are gathered today on the traditional territories of the Musqueam, Squamish and Tsleil-Waututh peoples.





Consultant/Speaker:

On dine Pharmaceuticals
Novartis Pharmaceuticals
SaNOtize Research and
Development
CoMotion Inc
Astra Zeneca
GSK
Sanofi
iView Therapeutics

Rhinosinusitis

Economic Burden

- 2019: Overall expenditure attributable to sinusitis est. at **\$22 billion (U.S.)**
- **Prevalence of CRS: 12-14% (Asthma: 10%)**
- An estimated **30 million cases dx annually in the US**
- QOL:
 - worse than chronic heart failure and Parkinson's disease.
 - Poor mental health: Depression 77% higher
- *The total cost of diagnosing and treating sinusitis remains one of the most expensive chronic disorders experienced by the North American population and continues to increase yearly...*

Soler ZM, Wittenberg E, Schlosser RJ et al. Health state utility values in patients undergoing endoscopic sinus surgery. Laryngoscope 2011; 121: 2672-2678.

In the
beginning...
*it was a just a
cold...*

- Sinus inflammation:

- often follows viral upper respiratory tract infections or allergic reactions:
 - *Congestion of sinus ostia (URTI, allergies) may predispose to ABRS*
- occurs in 90% of individuals with the common cold
 - **Only 0.5% to 2% of these individuals will develop ABRS**
- Colds that don't resolve over 7-10 days with worsening symptoms go on to become
 - ***Acute Bacterial Rhinosinusitis (ABRS).***



Definitions

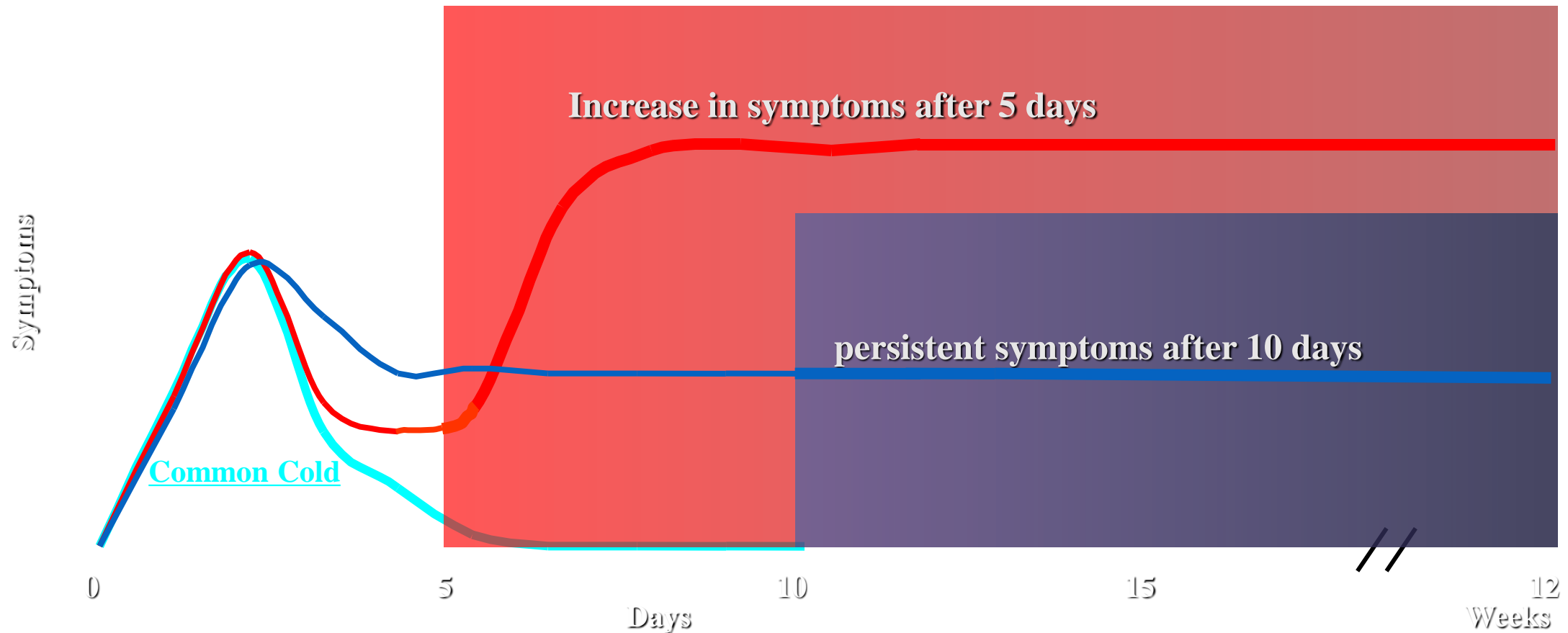
- Acute RS: > 7days and < 12 weeks.
 - Chronic RS: > 12 weeks.
-

- Recurrent Acute RS:
 - Four or more infections per year with complete resolution between infections
- Acute on Chronic RS



Acute rhinosinusitis: Definition

Increase in sy' s after 5 days or persistent sy' s after 10 days with less than 12 weeks duration



Adapted from Fokkens et al. EP3OS Guidelines. *Rhinol Suppl.* 2005;18:1.

Diagnosing ABRS

- Diagnosis based on clinical symptomatology
- Differential diagnosis:
 - Viral URTIs
 - Allergic rhinosinusitis
- Symptoms are non-specific & similar to viral URTIs and Allergic Rhinitis:

History



Symptoms ABRS

Symptoms of ABRS

Major	Minor
Facial pain/pressure/fullness	Headache
Nasal obstruction	Halitosis
Nasal purulence/discolored postnasal discharge	Fatigue
Hyposmia/anosmia	Dental pain
	Cough
	Ear pain/pressure



ABRS Diagnosis

ABRS Diagnosis Requires the Presence of at Least 2 Major Symptoms*

Major Symptom

P Facial Pain/pressure/fullness

O Nasal Obstruction

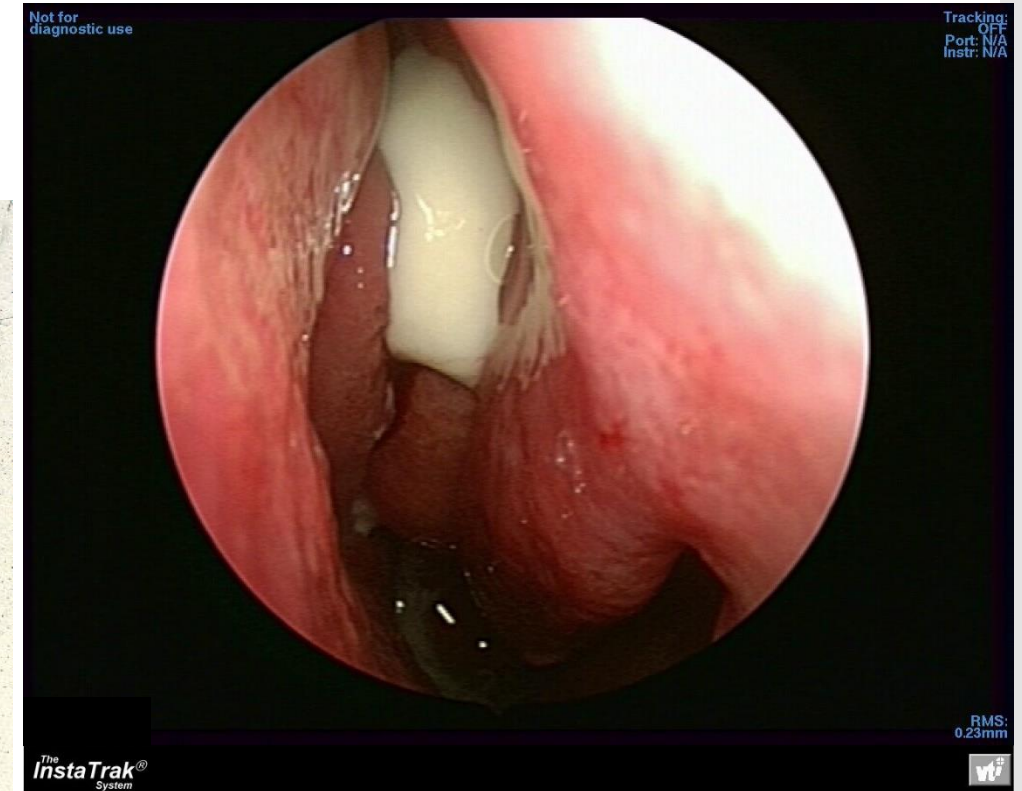
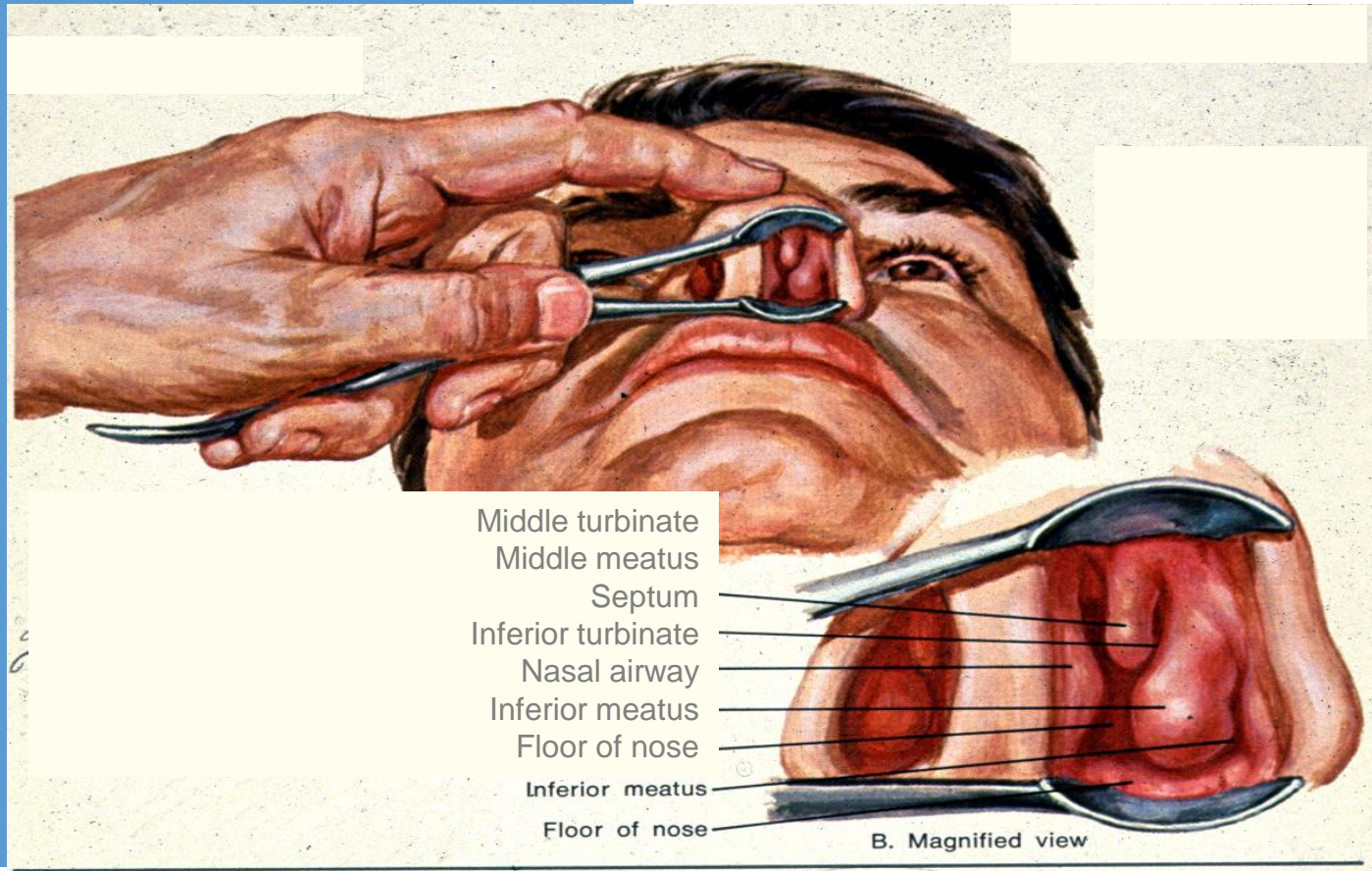
D Nasal purulence/discolored postnasal Discharge

S Hyposmia/anosmia (Smell)

PODS

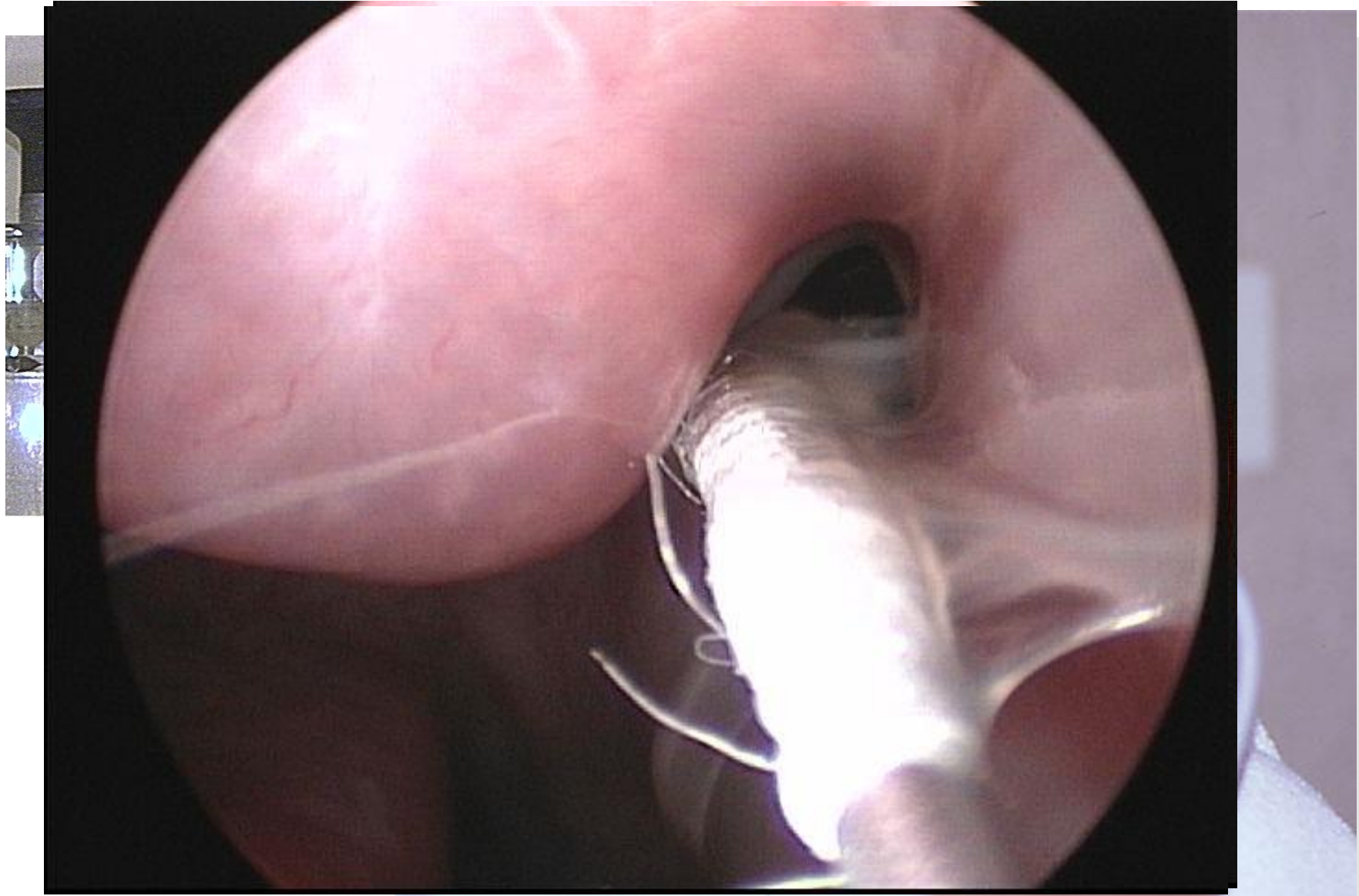
*At least 1 symptom must be nasal obstruction or nasal purulence/discolored postnasal discharge. Thus, a diagnosis requires at least 2 PODS, one of which must be O or D.

Examination:



- Adequate ability to use a nasal speculum and headlight.
- Recognizing the anatomy

Rhinologist Examination



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Imaging in A&CRS

- Sinus XR: NEVER
- Sinus CT:
 - Modality of Choice
 - NOT for ABRS
 - For failed medical therapy/CRS/Surgical Planning
- MRI:
 - Not indicated
 - Tumor excision planning (intracranial/orbital)



Management Scheme: ABRS

Sudden onset of two or more symptoms, one of which should be either nasal blockage / obstruction / congestion or nasal discharge: anterior / post nasal drip:
± facial pain / pressure,
± reduction or loss of smell;
Examination: anterior rhinoscopy
X-ray/CT not recommended

At any point immediate referral/ hospitalisation

- Periorbital oedema
- Displaced globe
- Double vision
- Ophthalmoplegia
- Reduced visual acuity
- Severe unilateral or bilateral frontal headache
- Frontal swelling
- Signs of meningitis or focal neurological signs

Symptoms less than 5 days or improving thereafter

Symptoms persisting or increasing after 5 days

Common cold

Moderate

Severe *

Symptomatic relief

Topical steroids

Antibiotics
Topical steroids

No improvement after 14 days of treatment

Effect in 48 h

No effect in 48 h

Consider referral to specialist

Continue treatment for 7—14 days

Refer to specialist

*Fever >38°C, severe pain

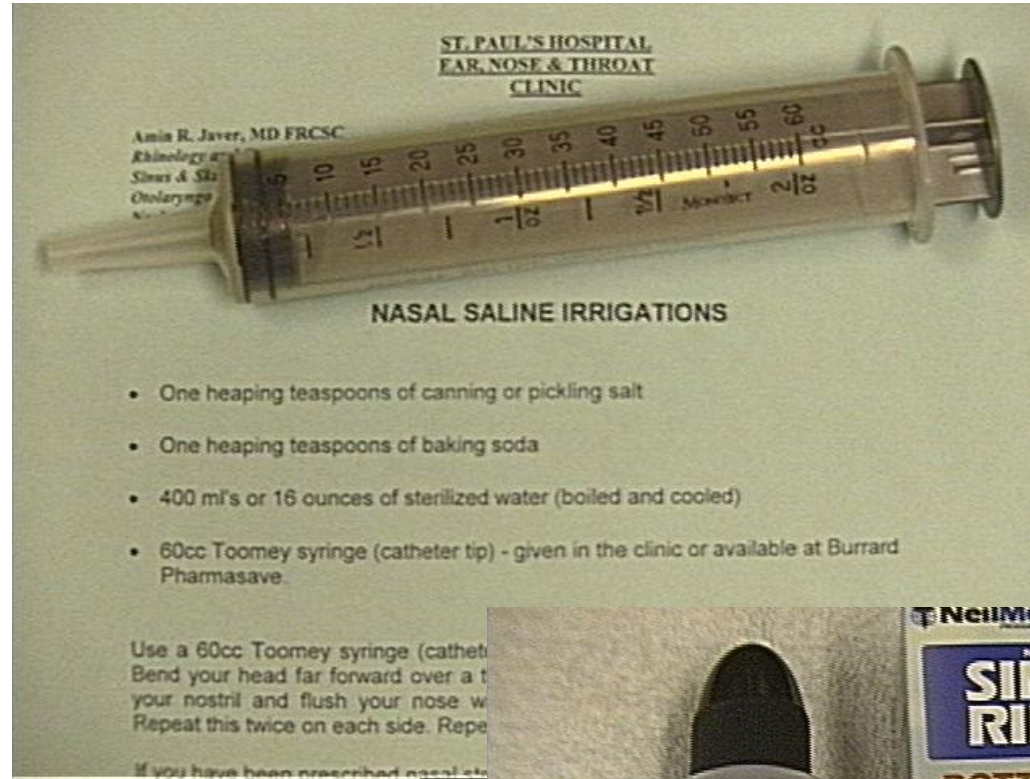
Urgent Referral

- Complications of ABRS can elicit a Medical Emergency:
 - Systemic Toxicity
 - Altered mental status
 - Severe Headache
 - Swelling of Orbit or change in Visual Acuity
- **Orbital Cellulitis:**
 - Most common complication of ABRS

Refer



Non-Medical Management

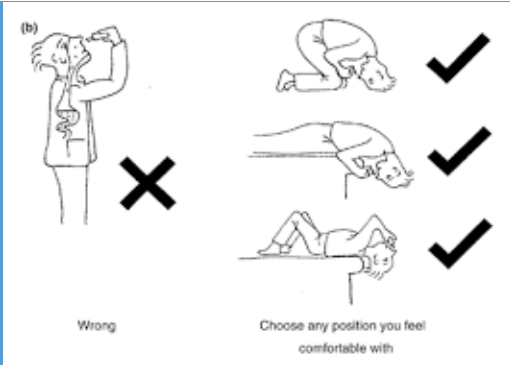


etc.)



the nasal sprayer
)





Medical Management

- **Topical nasal steroids (eg Mometasone):**
 - Reduces inflammation in OMC
 - Indicated as first line for mild/moderate uncomplicated ABRS
- **Antibiotics:**
 - Little evidence that they help significantly for ABRS.
 - 1st line: **Amoxicillin (TMP/SMX or macrolide)**
 - When QOL/productivity ↓
 - When severe sinusitis or comorbidities
 - **Not for mild/mod ABRS**

Other Adjunctive Therapies

- **Oral/Topical Decongestants:**
 - For symptomatic relief only.
 - No longer than 72h (potential for rebound)
- **Antihistamines:**
 - No benefit in ABRS (only for allergic rhinitis)
- **Mucolytics:**
 - Guafenesine/N-AC
 - Some benefit in one study.
- **Complementary/Alternative Medicine:**
 - Vitamin C/Zinc lozenges: mixed results
 - Echinacea: some positive effects.
 - Sinfrontal: PRCT showed benefit.
 - Colloidal Silver



Diagnosis of CRSwNP Requires a Multidisciplinary Approach and Should Combine Assessment of Presenting Symptoms and Objective Measures

Symptoms^{1,2}

Inflammation of the nose and paranasal sinuses characterized by ≥ 2 symptoms for ≥ 12 weeks:

- Nasal blockage/obstruction/congestion
- Anterior/posterior nasal discharge/drip
- Facial pain/pressure
- Reduction/loss of smell

+

Objective measures^{1,2}

Any of the following:

Endoscopic signs

- Nasal polyps
- Mucopurulent discharge
- Edema/mucosal obstruction

CT signs

- Mucosal changes

Nasal polyps



Mucosal thickening



Diagnosis of CRSwNP should be based on symptoms and objective evidence of disease as symptoms are non-specific and can overlap with other upper respiratory diseases³

Chronic Rhinosinusitis

- Diagnosis = Presence of symptoms + objective finding (endoscopy or CT)
- Symptoms:
 - Lesser intensity than ABRS
 - Duration exceeds 12 weeks
 - PND, dull headaches, fatigue, cough, adult onset asthma
 - “The cold that never went away”
- Asthma co-occurs in 40-70% of CRS patients (united airway theory)



CRS

- A **syndrome** rather than a disease.
- An **umbrella** term for several inflammatory disease states of the sinonasal cavities.
- Characterized by:
 - tissue remodeling and mucosal inflammation
 - **Multiple inflammatory pathways that interact dynamically leading to *variable patterns of tissue inflammation*.**
- Only 'roughly' correlates to clinical phenotype



CRS: a little history...

- **Initially:** 2 major phenotypes (reflected at molecular level):
 - **CRSwNP (Th2/Eos) and**
 - **CRSSNP (Th1 cells)**
- Simple differentiation into TH1 and TH2 did **NOT** encompass molecular diversity in CRS.
- **Now: T2 vs Non-T2 Inflammation**
- **New classification system...**



A New
CRS
Classification
EPOS 2020

Chronic
Rhinosinusitis

Primary

Secondary



Surgery:
Primary
Treatment

Primary CRS

Surgery:
Adjuvant
Treatment

Anatomical
Distribution

Localized
(unilateral)

Diffused
(bilateral)

Endotypes

Type 2

Non - Type 2

Type 2

Non - Type 2

Examples of
phenotypes

AFRS

Isolated
sinusitis

CRSwNP/eCRS

AFRS

CCAD

Non eCRS

Surgery:
Primary
Treatment

Secondary CRS

Surgery:
Adjuvant
Treatment

Anatomical
Distribution

Localized
(unilateral)

Diffused
(bilateral)

Endotypes

Local
pathology

Mechanical

Inflammatory

Immunity

Examples of
phenotypes

AFRS

Tumor

Odontogenic

PCD

CF

GPA

EGPA

SVID



CRS Diagnosis

CRS Diagnosis Requires the Presence of at Least 2 Major Symptoms*

Major Symptom
C Facial Congestion/fullness
P Facial Pain/pressure/fullness
O Nasal Obstruction/blockage
D Purulent anterior/posterior nasal Drainage (discharge may be nonpurulent, nondiscolored)
S Hyposmia/anosmia (Smell) [9 , 21 , 136].

*A diagnosis requires at least 2 CPODS, present for 8 to 12 weeks, plus evidence of inflammation of the paranasal sinus or nasal mucosa.

CRS is diagnosed on clinical grounds but must be confirmed with at least 1 objective finding on endoscopy or CT scan.



CRS Management

- Adequate Medical Management:
 1. **Antibiotics:**
 - 8-12 weeks of low dose long term macrolides
 - 250mg po bid X 8-12 weeks (no cardiac issues)
 2. **Short course of Oral Corticosteroids:**
 - Prednisone 30mg po qam X 1 week, 20mg X1wk, 10mg po X 1 week.
 3. **Topical Nasal Steroids:**
 - Pulmicort in saline rinse
 - Add 1mg (2ml nebulas) in 240ml saline and rinse daily
- Success rate of medical management ↓



CRS Management

- Most CRS patients respond to medical management
 - Nasal corticosteroids
 - Nasal irrigations
- Surgical (ESS) management:
 - Only for those who fail medical management.
 - Most respond favorably to ESS
- ***17% failure rate that need revision surgery.***



Surgical Success

- Surgical success rates have improved drastically with improvements in:
 1. Understanding of anatomy, physiology and
 2. Advances in technology: Image Guided FESS, Instrumentation, Camera's, Scopes, etc
 3. Improvement in postoperative care.
 4. *Development of centres dedicated to the treatment of sinus disease (SPSC).*





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Success in FESS?

- **FESS strongly Associated with improvement in:**

1. CRS symptoms
2. QoL
3. Sleep
4. Cognitive Dysfunction
5. *...and more*

But in 5-10%...



Recalcitrant CRS

- Patients with chronic rhinosinusitis (CRS) that fail maximal medical and surgical therapy are categorized as **recalcitrant (rCRS)**
- Several factors can lead to rCRS
 - Type 2 inflammation
 - Biofilms and dysbiosis

Systemic and antibiotics, antiseptic rinses (e.g., betadine), and/or advanced aeration surgery

//

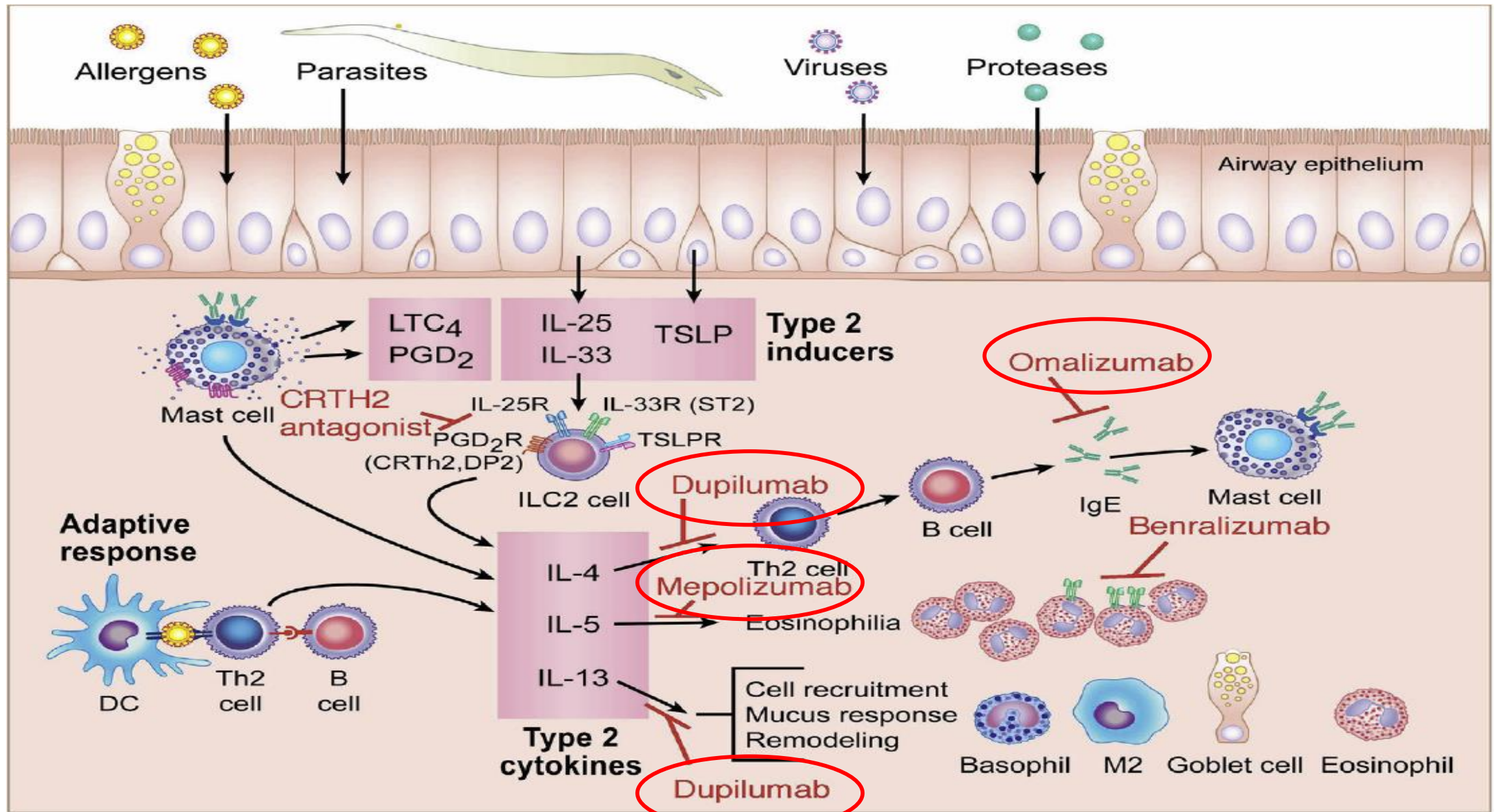
Current Treatment Strategies

- *What is the latest in management for these patients?*



Monoclonal ab's targeting type 2
inflammatory processes in
CRSwNP patients.





Adapted from Hulse et al.95(p341) Illustration courtesy of Dr Robert Schleimer.

	Dupilumab	Omalizumab	Mepolizumab	Benralizumab
Pharmacology	Fully human monoclonal antiIL-4 receptor alpha subunit antibody	Recombinant humanized monoclonal anti-IgE antibody	Recombinant humanized monoclonal antiIL-5 antibody	Recombinant humanized monoclonal antiIL-5 receptor alpha subunit antibody
Indications	<p>Moderate to severe asthma with eosinophilic phenotype or with oral corticosteroide dependent asthma, atopic dermatitis, CRSwNP</p> <p>Approved in N. America August 2020</p>	Moderate to severe asthma with positive allergy testing, chronic urticaria	<p>Severe asthma with eosinophilic phenotyAdapted from Hulse et al.^{95(p341)}</p> <p>Illustration courtesy of Dr Robert Schleimer.</p> <p>pe, eosinophilic granulomatosis with polyangiitis</p>	Severe asthma with eosinophilic phenotype
Clinical trials to date	Phase 2 and 2 phase 3 trials SINUS-24 and SINUS-52 observed reduced NP size, improved symptoms including nasal congestion, smell, and SNOT-22	2 RCTs observed decreased polyp size, improved symptoms in those with comorbid asthma. ^{90,91} Phase 3 trials POLYP1 and POLYP2 observed reduced NP size, improved symptoms including nasal congestion, smell, and SNOT-22	2 RCTs observed decreased polyp size, improved smell and SNOT-22, and reduced need for surgery. Phase 3 studies ongoing	Phase 3 studies pending

Excellent Response



Nucala helps prevent repeat nasal polyps surgery^{1,2}

In patients with refractory-to-treatment nasal polyps (study population, n=407):

57% reduction in need for surgery vs. placebo^{1*}

Secondary endpoint: time to nasal polyps surgery; results at Week 52, HR: 0.43, 95% CI: 0.25, 0.76; p=0.0032. Nucala: n=18/206; placebo: n=46/201.¹

In patients with refractory-to-treatment nasal polyps with ≥ 300 eosinophils/ μ L (n=278):

69% reduction in need for surgery vs. placebo^{2†}

Post hoc analysis: results at Week 52: HR: 0.31, CI: 0.15, 0.64. Nucala: n=10/139 vs. placebo: n=35/139.²

¹SYNAPSE is a 52-week, randomised, double-blind, parallel group Phase III study assessing the clinical efficacy and safety of Nucala 100mg SC as an add-on to maintenance treatment in adults with severe bilateral nasal polyps, compared to placebo. Need for surgery based on time to nasal polyps surgery. Need for surgery based on time to nasal polyps surgery. Secondary endpoint: time to first nasal polyps surgery within the study. At Week 52, 18/206 (9%) participants treated with Nucala had had surgery vs. 46/201 (23%) with placebo. For the purpose of this study, nasal polyps surgery was defined as any procedure involving instruments resulting in incision and removal of tissue or dilation of the air passages in the nasal cavity.¹

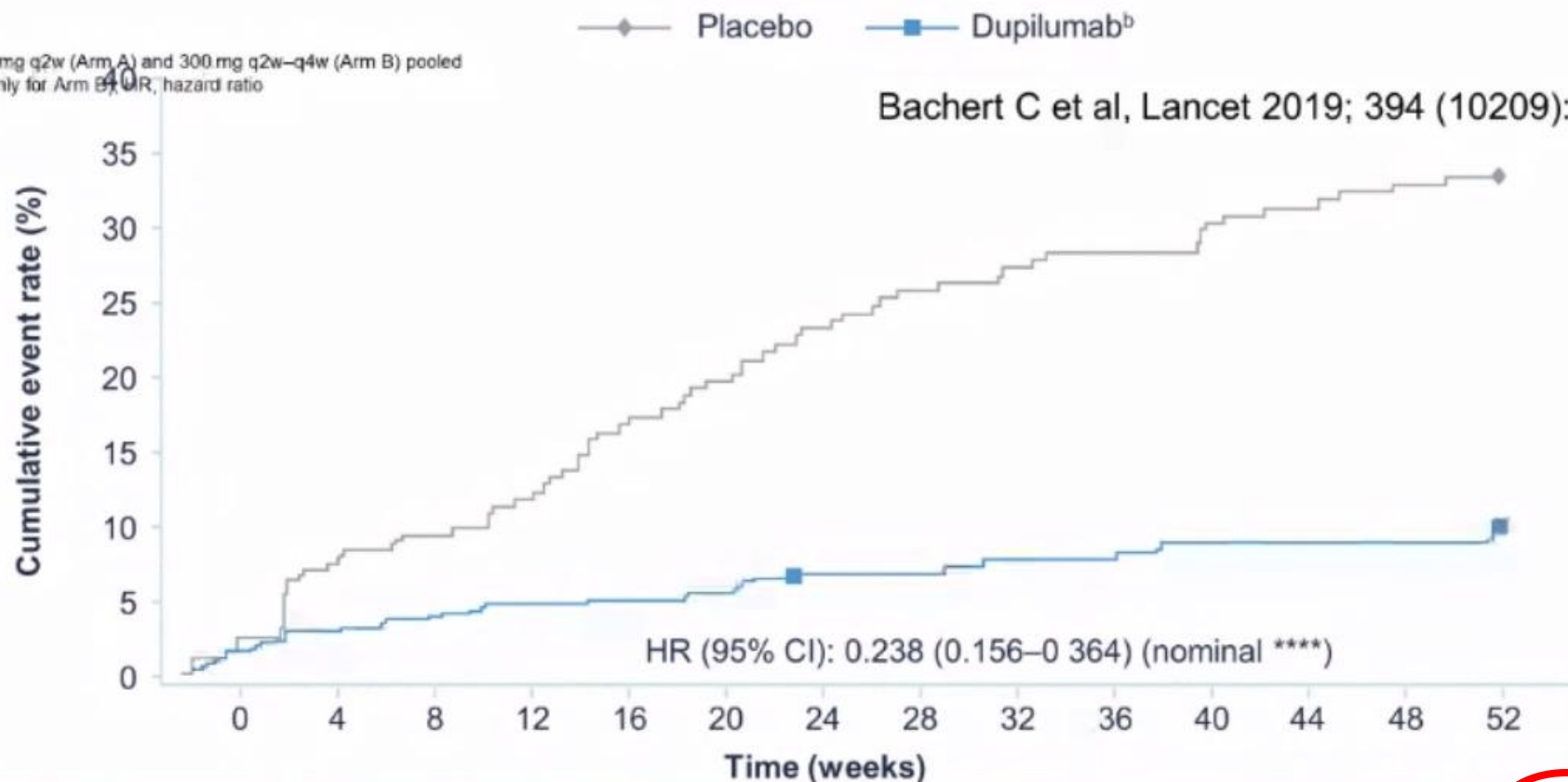
[†]Post hoc subgroup analysis in participants with ≥ 300 cells/ μ L. At Week 52, 10/139 (7%) participants treated with Nucala had had surgery vs. 35/139 (25%) with placebo.²

CI, confidence interval; HR, hazard ratio; VAS, visual analogue scale.

References: 1. Han JK *et al.* *Lancet Respir Med.* 2021; published online April 16. 2. Bachert C *et al.* ACAAI 2020. Poster no. P503.

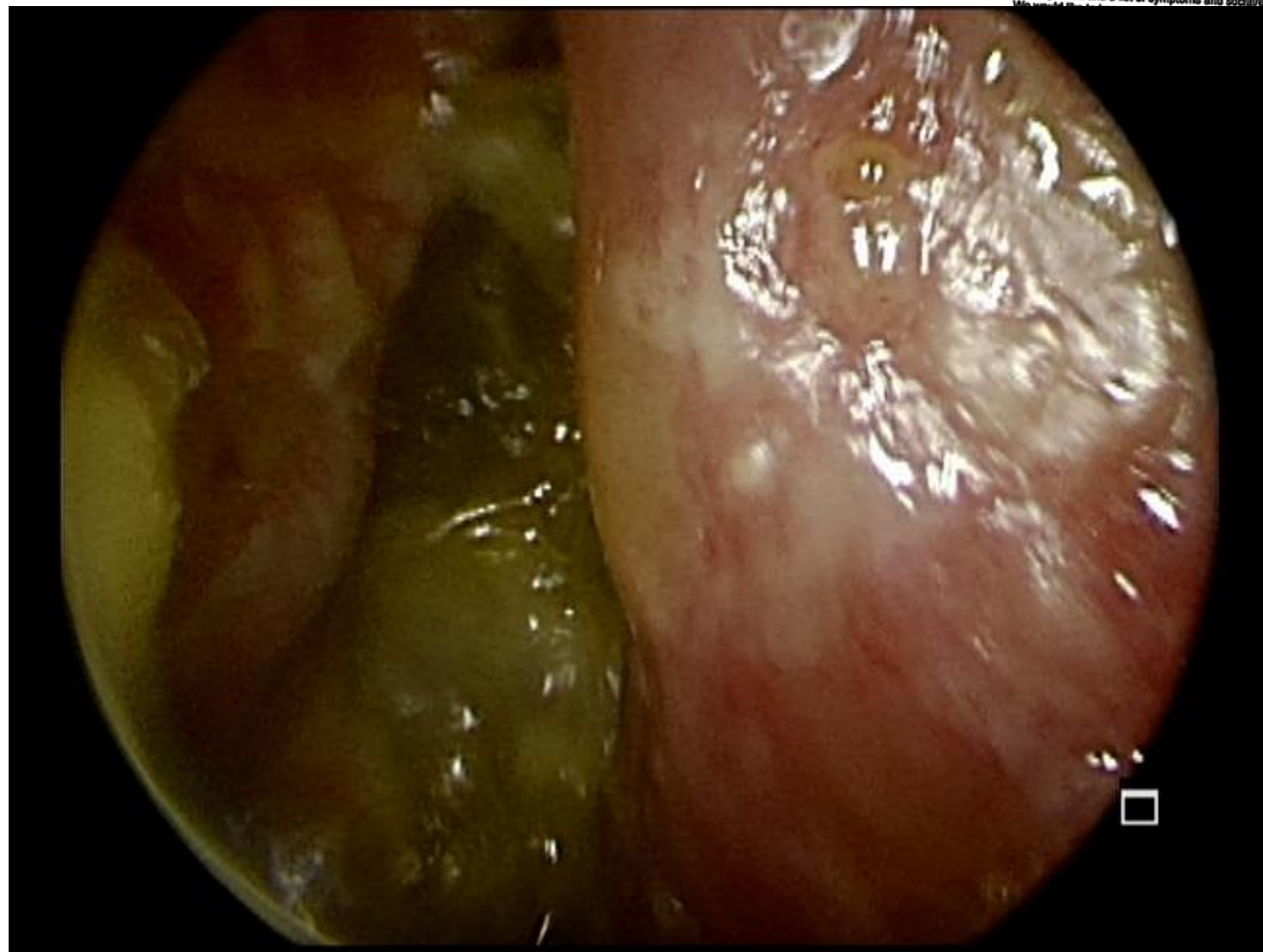
Dupilumab SC: Time to First SCS Use and/or NP Surgery Over 52 Week Treatment Period (Phase 3 SINUS-52)

- ****p<0.0001
- ^aDupilumab 300 mg q2w (Arm A) and 300 mg q2w-q4w (Arm B) pooled (first 24 weeks only for Arm B); HR, hazard ratio



Dupilumab 300 mg q2w vs placebo reduced the proportion of patients requiring SCS by 74.6%, and the proportion requiring nasal polyp surgery by 89.4%

Case:
Mr. GT
54 yo M



Sino-Nasal Outcome Test-22 Questionnaire v4

Below you will find a list of symptoms and social/emotional consequences of your nasal disorder. We would appreciate you answering the questions to the best of your ability. There are no right or wrong answers, and only you know your own problems, as they have been over the past 12 months.

Symptom	Mild or slight problem	Moderate problem	Severe problem	Problem as bad as it can be
1. Stuffy nose	2	3	4	5
2. Runny nose	2	3	4	5
3. Sneezing	2	3	4	5
4. Postnasal drip	2	3	4	5
5. Loss of smell	2	3	4	5
6. Loss of taste	2	3	4	5
7. Facial pain/pressure	2	3	4	5
8. Headache	2	3	4	5
9. Eye irritation	2	3	4	5
10. Throat irritation	2	3	4	5
11. Cough	2	3	4	5
12. Sleep disturbance	2	3	4	5
13. Missed work/school	2	3	4	5
14. Missed social activities	2	3	4	5
15. Missed family time	2	3	4	5
16. Missed exercise	2	3	4	5
17. Missed travel	2	3	4	5
18. Missed vacation	2	3	4	5
19. Missed special occasions	2	3	4	5
20. Missed important events	2	3	4	5
21. Missed important people	2	3	4	5
22. Missed important things	2	3	4	5

Treatment arm:

53/110



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Case:
Mr. GT
54 yo M



DATE: April 8/2022

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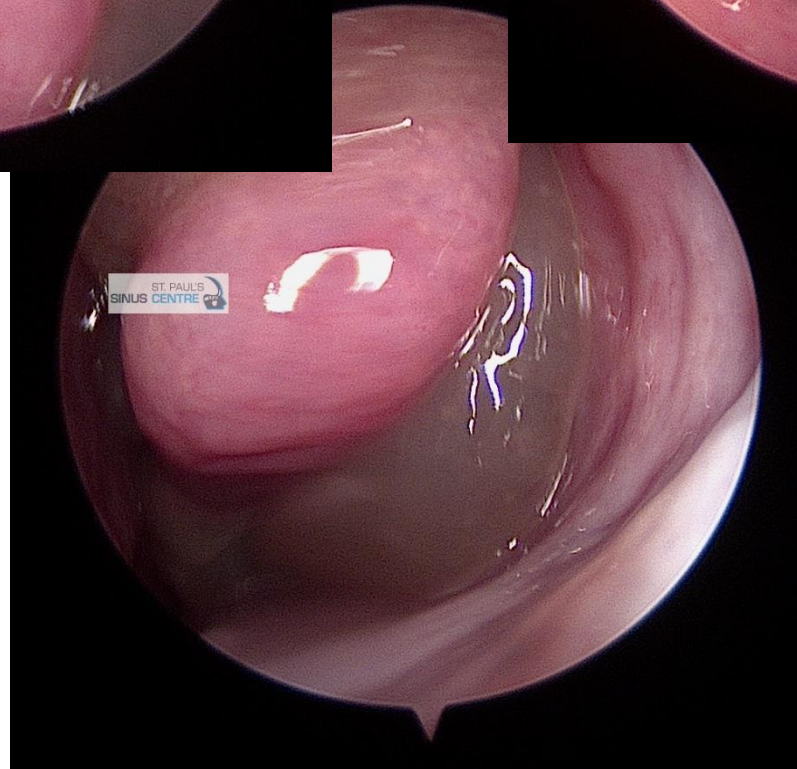
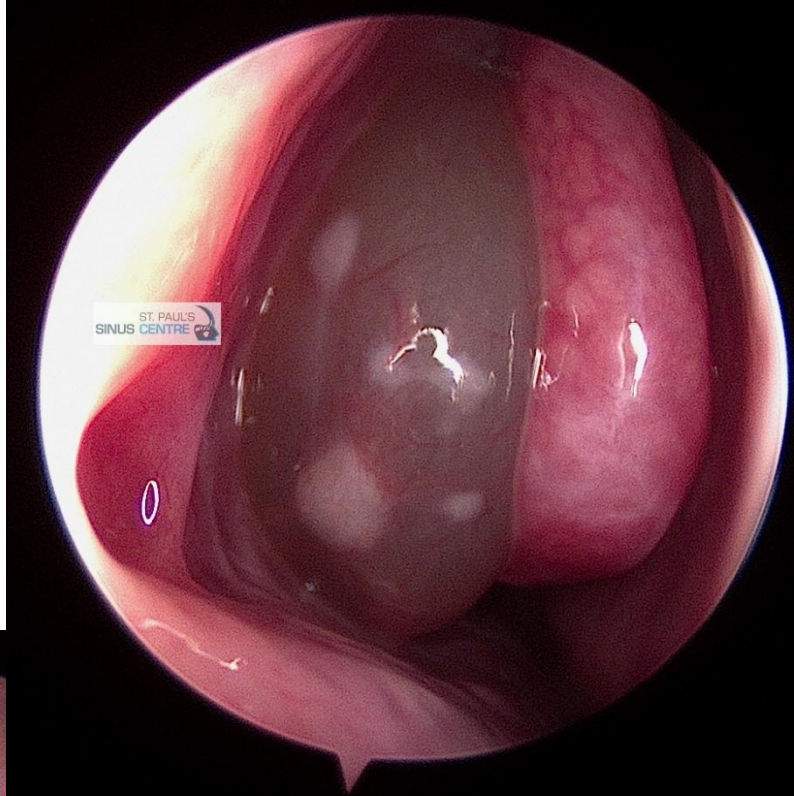
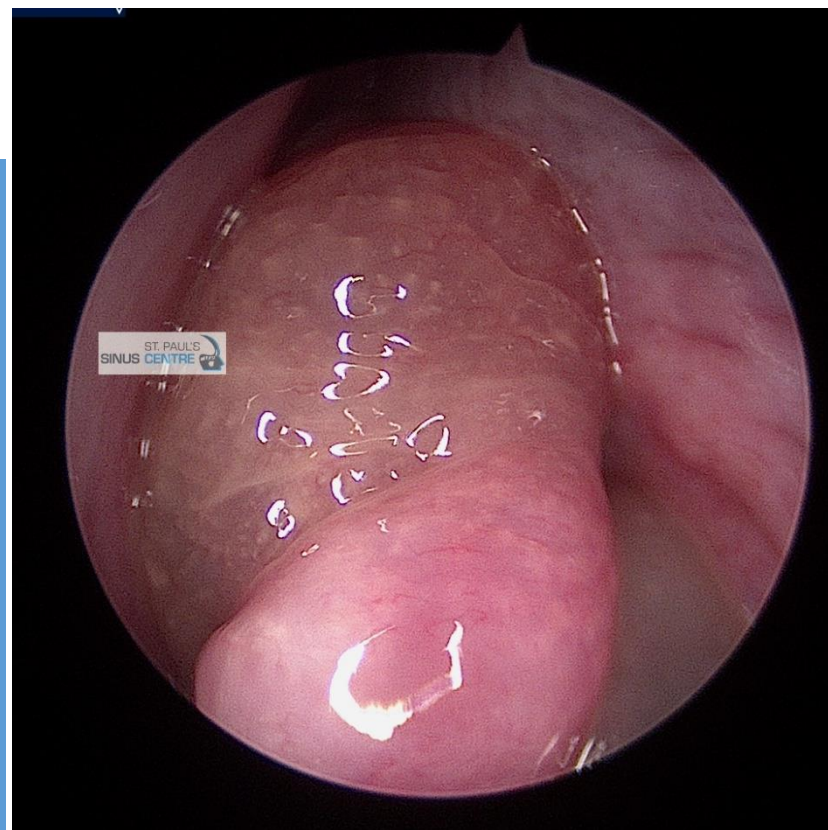
experiencing due to your
our answering the following
provide us with this information.

3 most important items
3
4
2
5
1

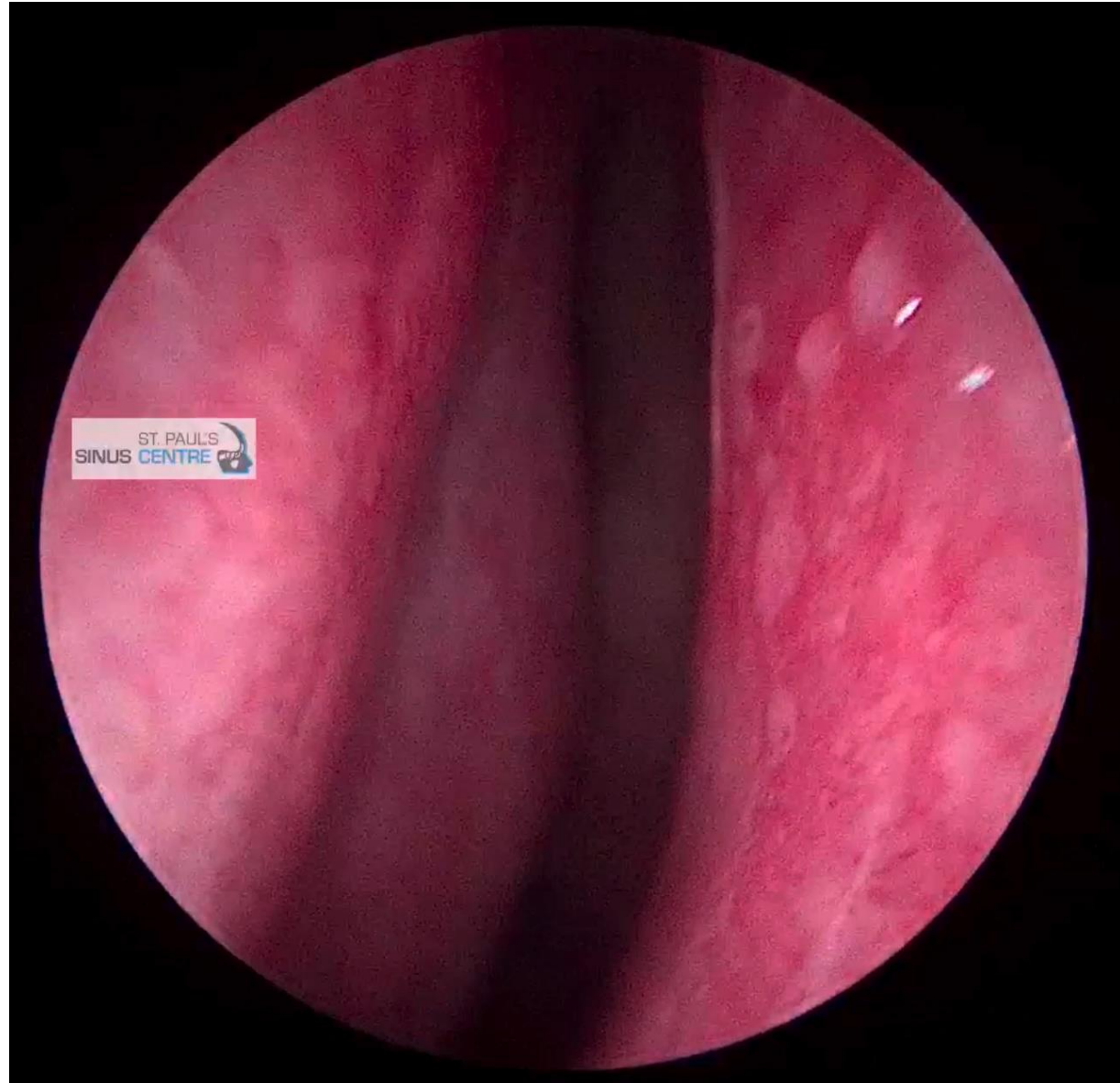
DUPIXENT
(dupilumab) injection



Pre-Mepolizumab



Post-Mepolizumab



ORIGINAL RESEARCH ARTICLE

Open Access

Canadian Rhinology Working Group consensus statement: biologic therapies for chronic rhinosinusitis



Andrew Thamboo^{1*}, S. Kilty², I. Witterick³, Y. Chan³, C. J. Chin⁴, A. Janjua¹, A. Javer¹, J. Lee³, E. Monterio³, B. Rotenberg⁵, J. Scott⁴, K. Smith⁶, D. D. Sommer⁷, L. Sowerby⁵, M. Tewfik⁸, E. Wright⁹ and M. Desrosiers¹⁰

11 consensus statements

1. Patients must have both **subjective and objective findings** consistent with the diagnosis of CRSwNP to qualify for biologic therapy. All endotypes of CRSwNP are considered eligible except for primary ciliary dyskinesia and cystic fibrosis
2. Patients with CRSwNP do **not** need another Type 2 inflammatory condition such as asthma to be considered for biologic therapy
3. There **is insufficient** evidence to make a recommendation for providing biologics to patients with **CRSsNP**.
4. Biologics **should not** be provided to those suffering with **recurrent acute bacterial sinusitis**.
5. The severity of subjective CRS symptoms needs to be **moderate to severe** based on the clinicians choosing of a validated patient reported outcome measure for chronic sinus disease.
6. Biologics should only be considered for those who have undergone adequate sinus surgery and failed appropriate medical therapy (AMT) following surgery. Patients unfit for surgery who have failed AMT may also be considered candidates for biologic therapy.
7. Option: A CT sinus scan performed prior to administration of biologics may determine if adequate sinus surgery was performed and to objectively confirm global mucosal inflammation.
8. Response to biologics is based on subjective and objective improvement; sense of smell, nasal obstruction, nasal discharge and facial pain. Objective improvement: on endoscopy or CT scan by **16 weeks and reevaluated at 1 year**.
- 9-Providers have the option of providing another biologic therapy(**switching**)
- 10-Cost of biologics matters in the decision making of the use of biologics for CRS patients (\$600 to \$4000 per vial)
- 11- The short-term use of biologics (12 months) in CRSwNP is considered safe (up to 52 weeks)

F



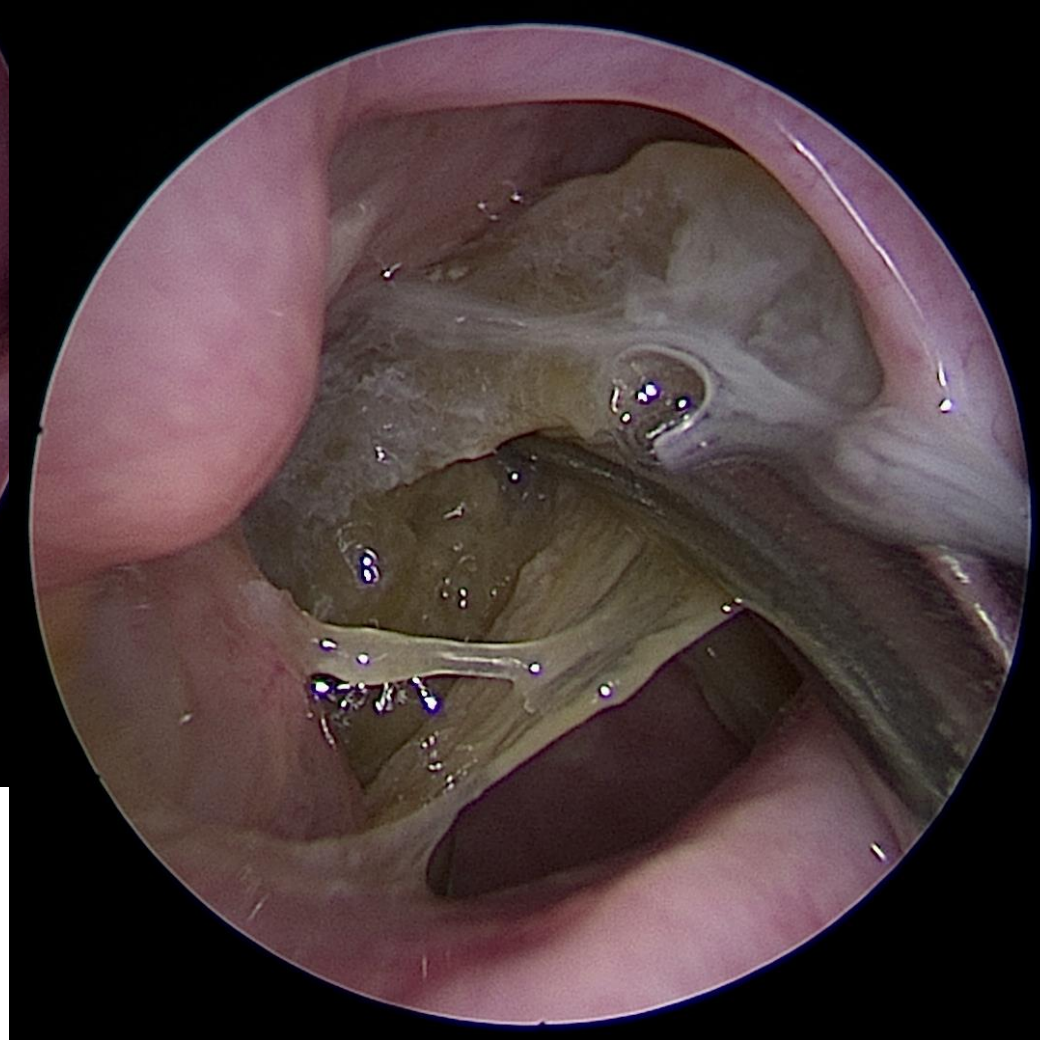
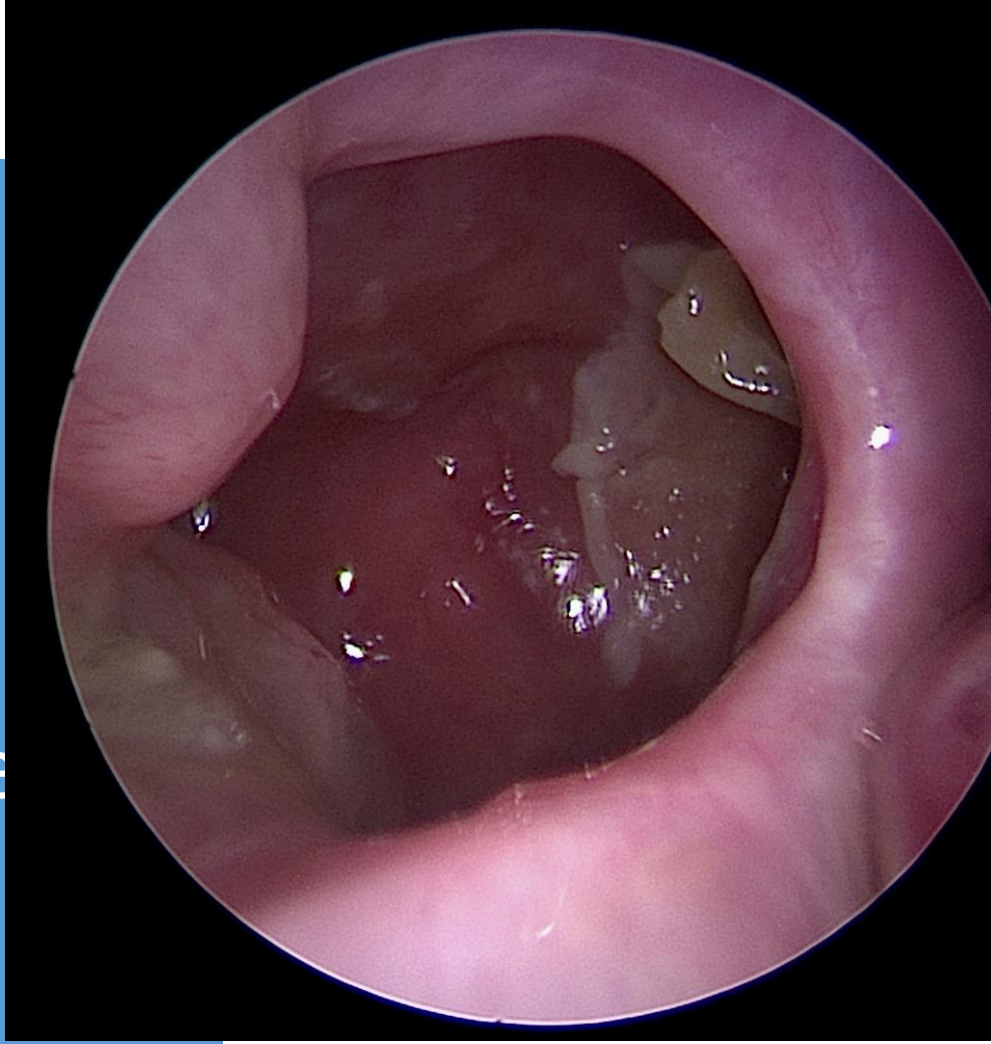
Biggest Current Challenge

1. **Recalcitrant Sinusitis** despite optimum medical and surgical management:
 - a. *The altered microbiome (microbial dysbiosis)*

CRSsNP patients...



Biofilm (Non-Type)



Co-morbid Diseases

- When a sinus just does not get better on medical or surgical management...
- **Think outside the box – what else**
 - Wegeners, C.F., SLE, Churg-Strauss, Sjogrens, Tumors (Inverting Papillomas), Lymphomas, Foreign Bodies, etc....
- Once ruled out and still ongoing inflammation...



Can we treat CRS by
targeting the sinonasal
microbiome?

RESEARCH @SPSC

- Dysbiotic microbiome (biofilm formation) of major concern in CRS
- *Could a sinus (snot) microbiota transplant potentially re-set the microbiome!!*

The POWER of SNOT

promoting safe, accessible Sinus microbiota transplant
for all who need it



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Snot (SNMT) Transplant Study Design: Re-setting the Microbiome...

- Study Design:
 - SNMT vs Placebo
 - 40 patients in each arm.
- ... early results



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PILOT STUDY RESULTS



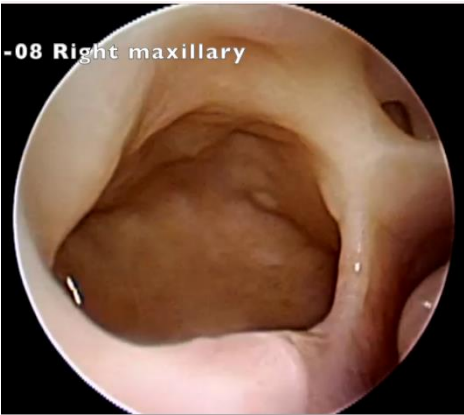
Patient 1
SNMT
alone

Baseline



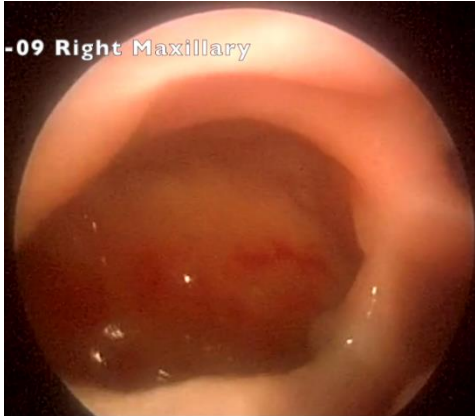
SNOT-22 = 65 pts

Day 30



SNOT-22 = 0 pts

Day 45



SNOT-22 = 13 pts

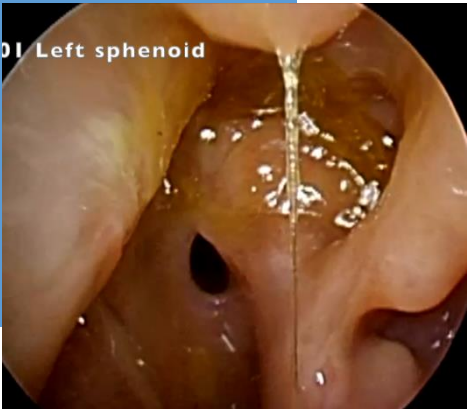
Day 365



SNOT-22 = 8 pts

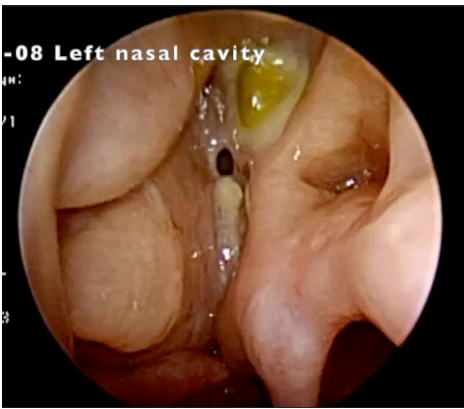
Patient 2
aPDT +
SNMT

Baseline



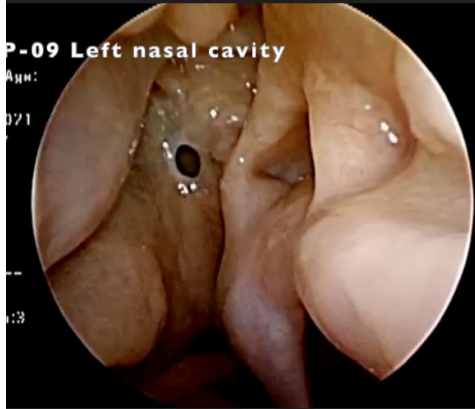
SNOT-22 = 21 pts

Day 30



SNOT-22 = 15 pts

Day 45



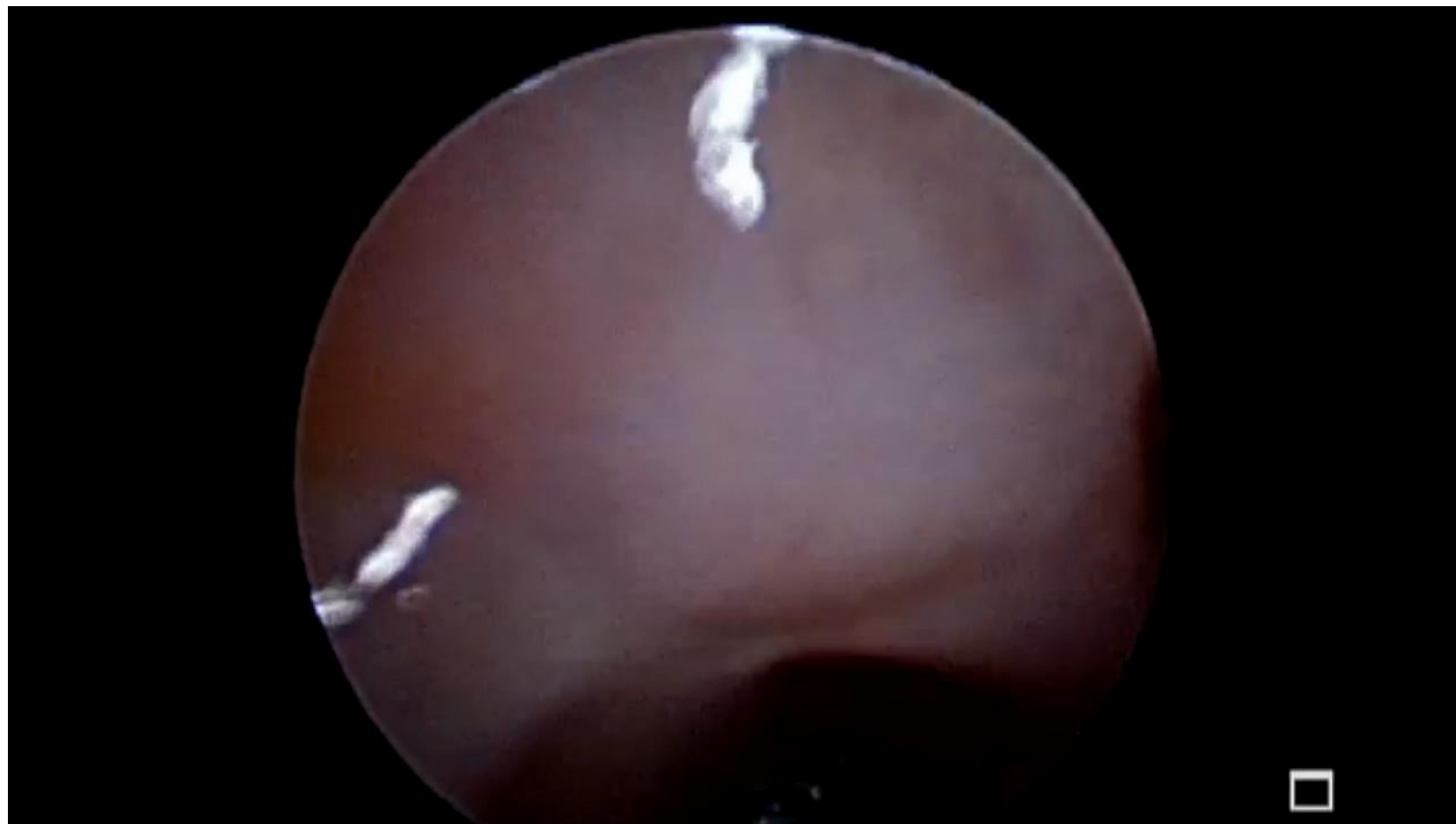
SNOT-22 = 42 pts

Day 365

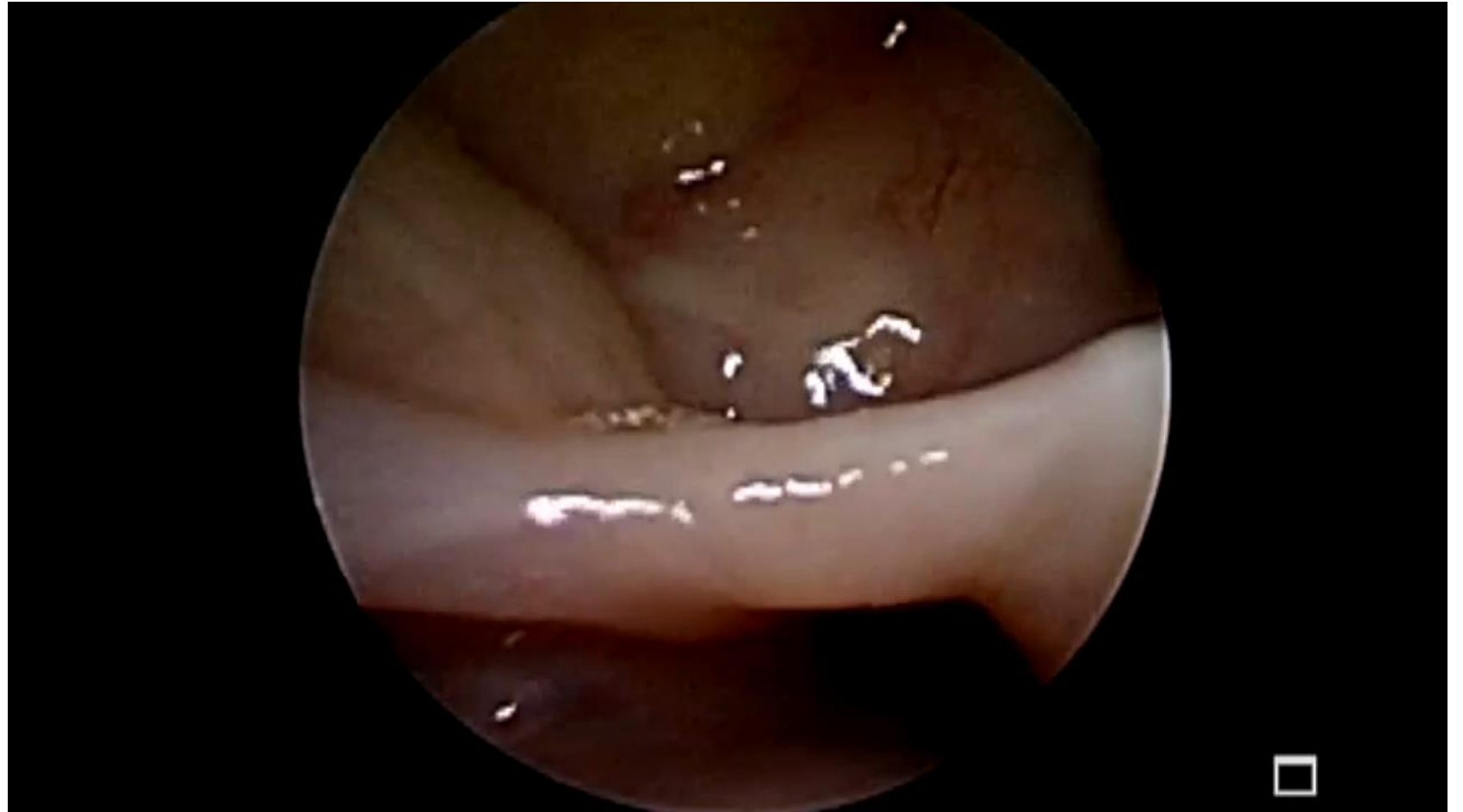


SNOT-22 = 4 pts

Pre-Transplant



Post-
Transplant:
6 weeks



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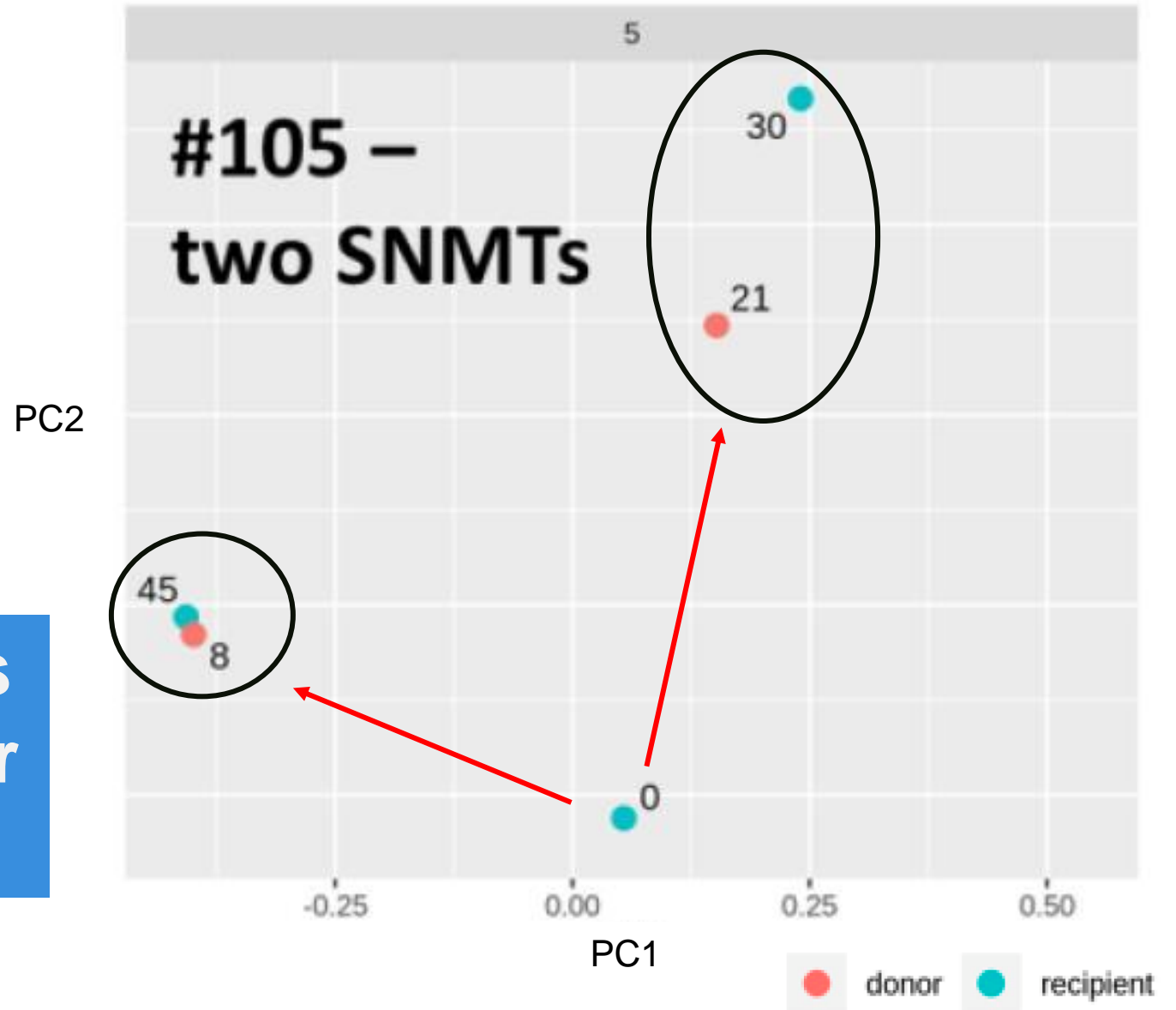


PILOT DATA RESULTS:

PCoA plot showing the microbiome profiles for donor and recipients

Near = similar
Far = different

Recipient becomes similar to the donor after SNMT



RESEARCH NOTE

SinoNasal Microbiota Transfer to treat recalcitrant chronic rhinosinusitis: A case series

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Athenea Pascual PhD² | Chris Tang MSc¹ | Judy Fan BSc² |
Andrew Thamboo MD² | Warren Mullings MD⁴ | Saad Alsaleh MBBS FRCSC⁵ |
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DOUBLE-BLIND PLACEBO-CONTROLLED TRIAL



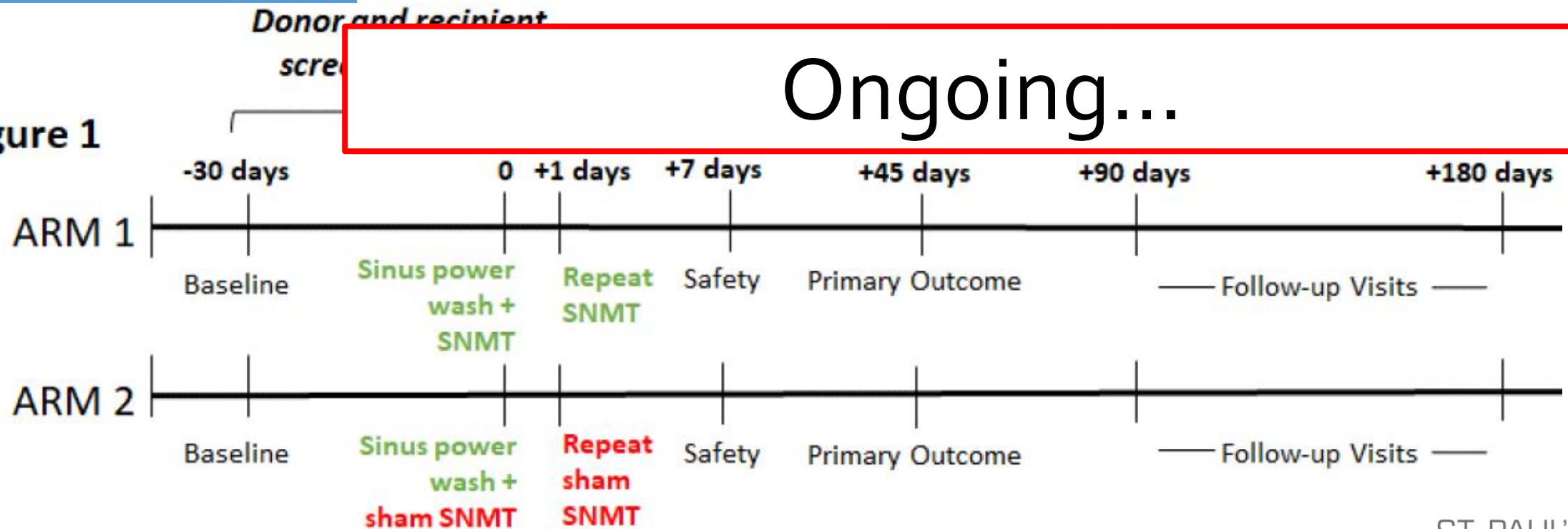
Randomize 80 patients to:

1. SNMT
2. "Sham SNMT" (Placebo)

CIHR funding

Ongoing...

Figure 1



SNMT: Mechanistic Studies

IF SNMT works, we want to know WHY it works:

- Does it change the microbiota composition of functional characteristics?

Whole genome sequencing

Stay tuned for final results...

Cytokine multiplexing of Sinonasal mucus

- Is SNMT more effective in eosinophilic CRS vs non-eosinophilic CRS?

Efficacy sub analysis by disease endotype



Thank You

