



Dear Health Care Provider,

This patient is under specialized care with a condition known as “Aspirin-Exacerbated Respiratory Disease” or AERD, and previously known as Samter’s Triad. This is a unique condition in which patients usually suffer from asthma, sinus disease and nasal polyps, and develop hypersensitivity reactions to aspirin and other NSAIDs. It is further unusual because it is a condition in which, by definition, patients are allergic to aspirin but following an aspirin desensitization procedure, enjoy significant therapeutic benefit from taking aspirin every day. In AERD, patients have a significant burden of illness with high systemic corticosteroid requirements, high health care utilization for asthma exacerbations and sinusitis flares, and frequent sinus surgery. Many patients have a need for sinus surgery as frequently as every other year to control nasal polyp growth.

Daily aspirin therapy, at a dose of 650mg-1300mg per day, has been shown in four double-blind, randomized-controlled studies, to control polyp regrowth and sinus inflammation. Although there are certainly risks of being on long-term aspirin, these risks are reviewed in a balanced discussion with patients in consideration of the burden of their underlying illness. Longitudinal studies show that the vast majority of patients on long-term aspirin therapy do not have bleeding complications nor gastrointestinal ulceration.

We have heard from our patients that occasionally physicians have expressed concern over the high recommended dose of aspirin. Please be assured that the recommendation to place the patient on aspirin was done after a lengthy consultation and a shared-decision making process, and that an extensive risk/benefit discussion went into the decision. As with many other medications, aspirin therapy may have some safety concerns but also has a huge benefit on patient health outcomes.

Sincerely,

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