# What Is AERD? Allergy & Asth



Aspirin-exacerbated respiratory disease (AERD), also known as Samter's Triad, is a chronic medical condition that consists of three clinical features:

**Asthma** 

Sinus disease with recurrent nasal polyps

Doctors
may perform an
aspirin challenge
to confirm an
AERD
diagnosis.

Sensitivity to aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs).

### **Raising Awareness**

Many healthcare professionals and patients are unaware of AERD. This can lead to:

- Misdiagnosis or delayed diagnosis (sometimes a year or longer)
- Lack of adequate care, forcing patients to see numerous specialists before reaching an accurate diagnosis



## **Fast Facts**

AERD typically develops between the ages of 20 and 50.

AERD requires specialized care.

It can cause life-threatening reactions to common medications such as aspirin, ibuprofen and naproxen.

AERD often causes a reduced or absent sense of smell.

75% of people with AERD have mild-to-moderate respiratory reactions when they drink alcohol.

# How Common Is It?



Between

1.2 million

1.6 million

people in the United States

7% of adults with asthma

14% of adults with severe asthma

30% of adults with asthma and nasal polyps

### **AERD Treatment**

Avoid aspirin and other NSAID medications



Take prescribed medications to treat asthma and nasal polyps as directed

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Consider surgical removal of nasal polyps



Consider aspirin desensitization



Consult with your doctor about your treatment and maintain an ongoing dialogue to best manage the disease.