

Topical Approaches And Therapeutic Strategies For Epistaxis in Hereditary Hemorrhagic Telangiectasia: Personal Experience

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Summary

Hereditary hemorrhagic telangiectasia (HHT) (prevalence 1-5/10.000) is characterized by the development of multiple arteriovenous malformations (AVMs) throughout the body. Its most common clinical manifestation is the spontaneous and recurrent epistaxis. Also, from 80% to 90% of nasal telangiectases are in a location accessible to **topical treatment**.

➔ *This randomized clinical trial was designed to establish the efficacy of topical therapies for HHT patients who had different starting severity conditions.*

Materials and Methods

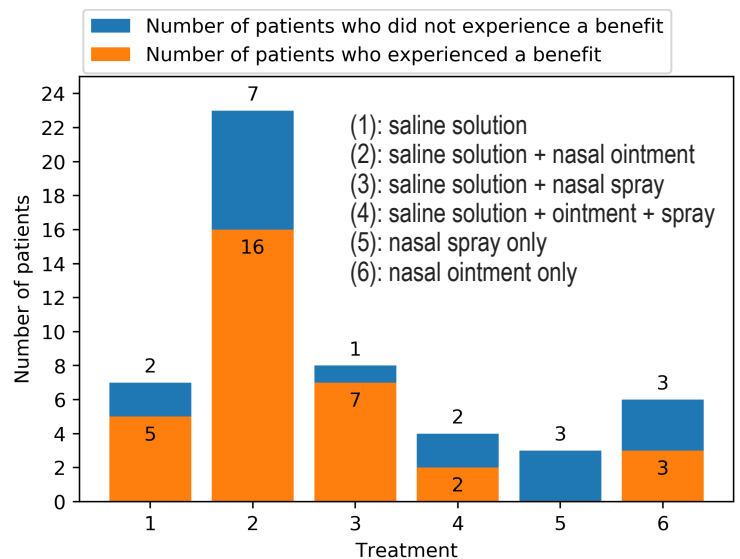
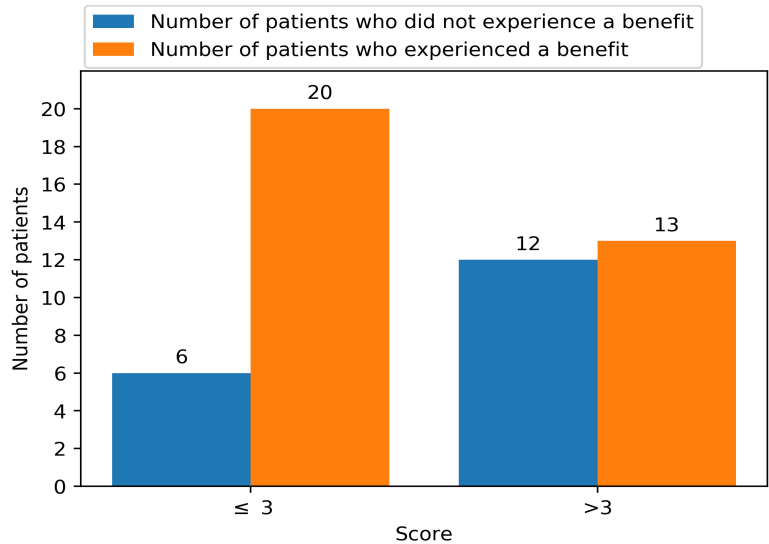
Demographics and disease characteristics were collected for 51 patients (23 males, 28 females) recruited from the Clinical Care Pathway for the patient with Hereditary Hemorrhagic Telangiectasia of the Fondazione Policlinico Universitario Agostino Gemelli.

SEVERITY SCORE	0	(1)	(2)
Epistaxis Quality	Typically not pouring or gushing	Typically pouring or gushing	-
Epistaxis Quantity	≤ 1 episode per week	> 1 episode per week	Daily episodes
AVMs	no AVMs	≤ 3 mm	> 3 mm
Mucosal Dryness	pink/ healthy looking mucosae	dry/pale mucosae	-

ENT evaluation: anterior rhinoscopy, oral cavity inspection, flexible fiber-optic laryngoscopy and otoscopy. The analyzed parameters were: epistaxis quality, epistaxis quantity, intranasal AVMs and intranasal mucosal dryness.

The scores shown in the table above were summed and patients categorized as having mild/moderate (group A, score 0-3) or severe (Group B, score 4-6) disease, limited to the intranasal conditions. The occurrence of clinical benefit was evaluated for association with the therapy and with our severity score categories.

Results and Conclusions



The correlation between epistaxis quality at the beginning and referred benefit was the most significant among other parameters we examined through the **logit model**. Further studies involving a larger number of cases are required to reach a statistical significant correlation between therapy and benefits in different groups of patients.