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Letter to the Editor

Real world efficacy of omalizumab in reducing surgical intervention for nasal polyps in Samter's triad

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Sir,

The advancements in the field of medicine, particularly in the field of drug application, has told us that Omalizumab has a significant impact on the management of nasal polyps, especially in the context of Samter's triad. Our letter highlights the role of omalizumab in reducing the surgical interventions for nasal polyps which has been a longstanding challenge in the population in the past.

Nasal polyps are a chronic disorder characterized by recurrent inflammation caused mainly by eosinophilic infiltration and immunological dysregulation, as observed in Samter's triad. In the recent past, surgical intervention has been required for the treatment of nasal polyps. However, over time recent research has shown us that omalizumab, an anti-IgE monoclonal antibody, can be used to reduce the size and recurrence of nasal polyps, eliminating the need for surgical intervention.[1,2]

Omalizumab has proved its efficacy by targeting the underlying immunological processes involved for polyp development. Clinical trials and real-world studies show that patients who receive omalizumab, significantly improve in symptoms such as nasal obstruction and anosmia. Furthermore, the reduction in the demand for oral corticosteroids and the omission of surgical procedures are important markers of its success.[3,4]

Omalizumab's safety and efficacy in the treatment of nasal polyps have been shown in a multi-center phase 3 trial, particularly in patients with co-existing asthma and aspirin-exacerbated respiratory disease (AERD), a typical feature of Samter's triad. This biopharmaceutical not only reduces inflammation but also provides long-term symptom relief, making it an alternative to established surgical approaches.[5]

To summarize, omalizumab is a great medication and can be used in minimizing the need for surgery in Samter's Triad patients with nasal polyps. The growing body of evidence supports its usage as a first-line treatment option, altering care and enhancing patient outcomes.

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