

## 12. BÖLÜM

### ALERJİK RİNİT ve PROBİYOTİKLER

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#### GENEL BİLGİLER

Alerjik rinit (AR) , duyarlı kişilerde alerjenle maruziyet sonrasında gelişen Ig-E aracılı tip 1 hipersensitivite reaksiyonuna bağlı burun mukozasının inflamatuvar hastalığıdır. Klinikte en sık karşılaşılan belirtiler burun tıkanıklığı, burun akıntısı, burun kaşınması ve hapşırmadır. Bu şikayetlere ek olarak, genizakıntısı, öksürük , gözlerde kaşınma ve sulanma, damakta kaşınma gibi şikayetlerde görülebilir (1).AR, sıklıkla üst solunum yollarını ve konjunktivayı etkilemekle birlikte, alt solunum yollarını da etkileyerek astım gibi hastalıklar ile birliktelik göstermektedir. Prevalansı ülkelere ve yaş gruplarına göre değişmekle birlikte,gelişmiş ülkelerde ve çocuklarda görülme sıklığı daha yüksektir. Amerika birleşik devletleri gibi gelişmiş ülkelerde çocukluk çağının en sık kronik hastalığıdır(2). Ülkemizde 6-7 yaş arası prevalansının %3-44 arasında olduğu bildirilmektedir (3).

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