Living with CRSwNP: The Next Step Forward



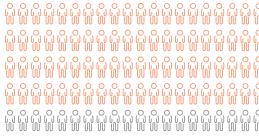
Advancing science, a deeper understanding

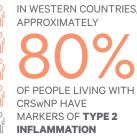
Many people live with an inflammatory disease of the sinuses known as chronic rhinosinusitis (CRS). When nasal polyps are present at the same time, this condition is known as chronic rhinosinusitis with nasal polyps (CRSwNP) – and many people accept their condition as "just the way it is".

And many – like you – may have experienced this condition for years. But if your symptoms are messy and bothersome, and they interfere with your daily activities, it's important to know that science is advancing what we know about CRSwNP.

A different kind of inflammation

Research in CRS science confirms that a specific kind of inflammation inside your body can be associated with CRSwNP. It's called type 2 inflammation, and it can also be associated with other inflammatory diseases, including asthma and eczema (atopic dermatitis).





"CRSwNP makes me feel like I'm being smothered."



"Talking to my doctor helped loosen the grip of CRSwNP."



Hope starts with talking to your doctor and making a plan today

Being proactive about having an open conversation with your doctor may help improve how you feel on a daily basis.

Complete this survey to share and discuss with your doctor:

How much do CRSwNP symptoms affect your life?

Below you will find a list of symptoms and social/emotional consequences you might be experiencing due to your CRSwNP. Rate your problems as they have been **over the past two weeks.**

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Considering how severe the problem is when you experience it and how often it happens, please rate each item below on how "bad" it is by circling the number that corresponds with how you feel, using this scale:	No problem	ery mild problem	Mild or slight problem	Moderate problem	Severe problem	Problem as bad as it can be	5 most important items	
1. Need to blow nose	0	1	2	3	4	5		
2. Nasal blockage	0	1	2	3	4	5		
3. Sneezing	0	1	2	3	4	5		
4. Runny nose	0	1	2	3	4	5		
5. Cough	0	1	2	3	4	5		
6. Post-nasal discharge	0	1	2	3	4	5		
7. Thick nasal discharge	0	1	2	3	4	5		
8. Ear fullness	0	1	2	3	4	5		
9. Dizziness	0	1	2	3	4	5		
10. Ear pain	0	1	2	3	4	5		
11. Facial pain/pressure	0	1	2	3	4	5		
12. Decreased sense of smell/taste	0	1	2	3	4	5		
13. Difficulty falling asleep	0	1	2	3	4	5		
14. Waking up at night	0	1	2	3	4	5		
15. Lack of good night's sleep	0	1	2	3	4	5		
16. Waking up tired	0	1	2	3	4	5		1
17. Fatigue	0	1	2	3	4	5		1
18. Reduced productivity	0	1	2	3	4	5		1
19. Reduced concentration	0	1	2	3	4	5		1
20. Frustrated/restless/irritable	0	1	2	3	4	5		
21. Sad	0	1	2	3	4	5		1
22. Embarrassed	0	1	2	3	4	5		1
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Please mark the most important items affecting your health (maximum of 5 items)

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SCORE: _____/1

The Next Step Forward