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The European Forum for Research and Education in Allergies and Airway Diseases (EUFOREA) has announced its third annual Global Chronic Rhinosinusitis with Nasal Polyps Day to take place on 24 April, 2024. Since its inception in 2022, this annual Global Awareness Day has been at the forefront of a crucial mission - to raise awareness about the chronic and debilitating nature of Chronic Rhinosinusitis with Nasal Polyps (also known as CRSwNP or Nasal Polyp Syndrome) and to support patients living with this disease. The theme for this year's CRSwNP Awareness Day is "The Empowered Patient." The day will feature a series of resources to educate the public, healthcare professionals, and policymakers about CRSwNP and to empower patients with knowledge and resources to better manage their condition.

CRSwNP is estimated to impact about 1-4 percent of the general population and approximately 30 percent of patients suffering from chronic rhinosinusitis. Chronic rhinosinusitis with nasal polyps is a debilitating condition characterized by persistent inflammation of the nasal and sinus mucosa, accompanied by the growth of benign (non-cancerous) polyps in the nasal cavity. Symptoms can include nasal congestion, loss of smell, facial pressure, and recurrent sinus infections, significantly impacting patients' quality of life.

The symptoms of CRSwNP, both physical and psychological, can be profoundly distressing for patients. These include nasal obstruction, smell dysfunction with anosmia (loss of smell), continuous nasal discharge, facial pain or headache, poor sleep quality, fatigue, anxiety and depression. These symptoms significantly diminish patients' quality of life.

Despite its prevalence and impact on millions of individuals worldwide, CRSwNP remains underdiagnosed and undertreated. Many patients struggle to find effective management strategies and face challenges accessing appropriate care. Through CRSwNP Awareness Day,

EUFOREA aims to shine a spotlight on this often-overlooked condition and advocate for improved recognition, diagnosis, and treatment.

Highlights of EUFOREA's Global CRSwNP Awareness Day include:

- Educational webinars featuring leading experts in rhinology and otolaryngology, discussing the latest advancements in CRSwNP diagnosis and treatment.
- Patient testimonials sharing personal experiences with CRSwNP and providing insights into living with the condition.
- Advocacy efforts aimed at promoting access to comprehensive care and treatment options for individuals with CRSwNP, including a guide for patients to help them navigate their care journey.

EUFOREA invites individuals and organizations to join us in observing CRSwNP Awareness Day and in taking action to support individuals living with this chronic condition. Together, we can raise awareness, improve access to care, and transform the lives of those affected by CRSwNP.

For more information about the Global CRSwNP Awareness Day and to learn more about how you can get involved, visit www.euforea.eu or follow EUFOREA social media @EUFOREA.