

The clinical extrapolation or relevancy of the favorable results found in this meta-analysis are difficult to judge because of the small yet statistically significant mean difference. Thus, we think that future research should focus on comparing different treatment modalities using high quality RCTs in the perspective of creating treatment guidelines for this rhinologic entity.

Conclusion

This review identified 5 trials comparing INAH to placebo and one trial comparing Azelastine HCl to Olopatadine HCl in patients with IR. The metaanalysis and the qualitative review have shown a statistically significant decrease in the overall perceived symptoms with INAH. The current review of the literature shows that topical intranasal second-generation antihistamines seem effective in the management of IR. No superiority of either agent

was identified.

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Authorship contribution

NK: Conception, data selection, writing, reviewing. MK: Writing, data selection, reviewing. RA: Writing, data selection, reviewing. SR: Reviewing. WAH: writing, reviewing.

Conflict of interest

All authors have no conflict of interest to disclose.

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Michel G. Khalaf, MD
 Department of Otolaryngology
 Head and Neck Surgery
 Hotel Dieu de France Hospital
 Saint Joseph University
 Alfred Naccache Boulevard
 PO Box: 166830 Ashrafieh
 Beirut
 Lebanon
 E-mail : michel.khalaf@net.usj.edu.lb