

# Global CRSwNP Awareness Day and the European Society meeting in Sophia

Global CRSwNP Awareness Day is an annual event organized by EUFOREA aiming at raising awareness about chronic rhinosinusitis with nasal polyps (CRSwNP).

Global CRSwNP Awareness Day aims to increase awareness about of CRSwNP and comorbidities and the impact on quality of life. The day provides an opportunity for patients, healthcare professionals, and advocacy groups to come together and share information about the latest research, treatment options, and support resources available.

The day is also an opportunity to highlight the need for improved diagnosis and treatment of CRSwNP, as well as to encourage healthcare professionals at all levels to learn more about how they can improve outcomes for patients living with CRSwNP through improved diagnosis, treatment, and referrals to specialist care. This year the theme was: LetTalkCRS emphasizing the importance of education to improve the dialogue between patients and health care professionals. It has never been more important for patients to be actively involved in their care. Being well informed helps you to make the best decisions together with your doctor.

Our journal *Rhinology* has put a lot of emphasize in informing patients and healthcare professionals alike on CRS and the impact on quality of life.

For example, in the past year, *Rhinology* has published a pocket-guide on CRS based on international guidelines like the European Position paper on Rhinosinusitis (EPOS2020) <sup>(1)</sup> and the International Consensus statement on Allergy and Rhinology: Rhinosinusitis 2021 (ICAR) <sup>(2)</sup>. A patient version of this pocket guide will appear in 2023 on the EUFOREA website

(www.EUFOREA.eu)<sup>(3)</sup>. *Rhinology Journal* also recently published EPOS2020 for patients (EPOS4Patients) with a full summary of EPOS2020 in an accessible format for patients <sup>(4)</sup>.

For healthcare professionals it is important to realize that the endoscopic examination is poorly associated with PROMs such as SNOT-22, nasal congestion scores, and TNSS as well as objective measures of olfaction <sup>(5)</sup>. Therefore, the dialogue with the patient and the use of PROMs like SNOT-22 or a VAS is of utmost importance to determine the level of control of the disease and impact on QOL <sup>(6)</sup>.

In this issue of our Journal, EPOS and EUFOREA again join forces to give an update on indication and evaluation of Biologics in Chronic Rhinosinusitis with Nasal Polyps 2023. Also, original research on biologics can be found with paper describing real life data with dupilumab (Boechat). Maggiore et al. show the large impact of adjuvant radiation therapy on quality of life in patients treated for endoscopically treated sinonasal malignant tumors.

There are many other things to be found in this Journal: a very interesting paper on Ultra-low-dose CBCT showing sufficient quality for (preoperative) evaluation and emphasizing again that high radiation dosis for sinus diagnosis is not needed (Tamminen). And finally papers on stress, from the impact of stress on midfacial pain (Joo) to the association between allergic rhinitis and oxidative stress (Koksal). Many of these themes will also be discussed at the next European Rhinologic Society meeting in Sophia (June 18-21 2023). I hope to meet many of you there.

## References

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