



Nasal Polyps Facts and Figures

What Are Nasal Polyps?

- [Nasal polyps](#) are small, non-cancerous growths on the inner lining of the nose or sinus cavities. Nasal polyps are shaped like hanging grapes or teardrops, and they are usually soft and painless.
- Nasal polyps can develop from chronic (long-term) inflammation and swelling in your sinuses.
- Symptoms may be different for each person, but can include:
 - Runny nose
 - Stuffy nose (congestion), fullness, blockage within the nose (most common symptom)
 - Trouble breathing through the nose
 - Postnasal drip (sometimes causing cough and throat irritation)
 - Loss of or decreased sense of smell and taste
 - Headaches
 - Pressure or pain on your face or in your sinuses
 - Pain in your upper teeth
 - Snoring, trouble sleeping, and breathing through your mouth at night
- If not treated, nasal polyps can cause long-term problems in your nose or sinuses. This can have a major impact on your quality of health and mental health.

How Common Are Nasal Polyps?

- Nasal polyps can be associated with **chronic rhinosinusitis (CRS)**.
 - CRS is a common medical condition that affects 5 to 12% of adults.^{1,2}
- There are 2 major types of CRS, divided based on the presence or absence of nasal polyps (NP):
 - Chronic rhinosinusitis *with* nasal polyps (CRSwNP)
 - Chronic rhinosinusitis *without* nasal polyps (CRSsNP)
- Around 20-30% people with CRS have nasal polyps.³

Who Is More Likely to Have Nasal Polyps?

- People with respiratory diseases – such as asthma, chronic rhinosinusitis, or aspirin-exacerbated respiratory disease (AERD) – have a greater chance of having nasal polyps.⁴



- Studies estimate that nearly half (48%) of people with CRSwNP and 16.5% of people with CRSsNP also have asthma.⁵
- Nasal polyps can also be seen in other clinical conditions including cystic fibrosis and malignancy.³
- Nasal polyps are rare in children and become more common with age. They typically affect adults over 20 years old.^{3,4,6}
 - On average, people with nasal polyps are diagnosed between ages 40 and 60 years.^{3,4,6}
 - Men are more likely than women to develop nasal polyps. Some studies report men are affected 1.5 times more than women.^{3,4,6}

What Are the Costs of Nasal Polyps?

- Researchers estimate that nasal polyps cost the U.S. health care system \$5.7 billion per year.⁷
- Annual health care costs for people with nasal polyps are \$11,057 higher than for people without chronic rhinosinusitis.⁷
 - People with nasal polyps who have endoscopic sinus surgery for their nasal polyps have the highest annual cost at \$26,724 per year.⁷

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