What Is AERD?

Aspirin-exacerbated respiratory disease (AERD), also known as Samter’s Triad, is a chronic medical condition that consists of three clinical features:

- Asthma
- Sinus disease with recurrent nasal polyps
- Sensitivity to aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs).

Doctors may perform an aspirin challenge to confirm an AERD diagnosis.

**Raising Awareness**

Many healthcare professionals and patients are unaware of AERD. This can lead to:

- Misdiagnosis or delayed diagnosis (sometimes a year or longer)
- Lack of adequate care, forcing patients to see numerous specialists before reaching an accurate diagnosis

**Fast Facts**

- AERD typically develops between the ages of 20 and 50.
- AERD requires specialized care.
- It can cause life-threatening reactions to common medications such as aspirin, ibuprofen and naproxen.
- AERD often causes a reduced or absent sense of smell.
- 75% of people with AERD have mild-to-moderate respiratory reactions when they drink alcohol.

**AERD Treatment**

- Avoid aspirin and other NSAID medications
- Take prescribed medications to treat asthma and nasal polyps as directed
- Consider surgical removal of nasal polyps
- Consider aspirin desensitization

Consult with your doctor about your treatment and maintain an ongoing dialogue to best manage the disease.

**How Common Is It?**

Between 1.2 million and 1.6 million people in the United States

- 7% of adults with asthma
- 14% of adults with severe asthma
- 30% of adults with asthma and nasal polyps

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Reviewed by Tanya Laidlaw, MD.