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專長：

過敏性鼻炎及鼻竇炎治療

鼻腔鼻竇內視鏡微創手術

經鼻內視鏡顱底及眼窩手術

演講主題：『慢性鼻竇炎的診斷及治療新趨勢』

摘要：

慢性鼻竇炎為常見上呼吸道慢性發炎疾病，其盛行率約在 5.2%至 12.1%。鼻竇炎常造成惱人的症狀，如鼻塞、鼻蓄膿、頭痛等症狀，亦會影響心理健康並造成睡眠障礙，嚴重降低病患的生活品質。過去我們將慢性鼻竇炎依內視鏡下的發現，分為合併鼻息肉及未合併鼻息肉兩類表型。近年來，由於生物醫學的進步及對鼻竇炎的深入了解，學者們進一步將慢性鼻竇炎依據細胞炎症信號路徑分為第二型炎症及非第二型鼻竇炎。第二型炎症相關的鼻竇炎的病患在臨床上常見合併氣喘及嗅覺異常，血液檢查方面則可見有較高的嗜酸性球及免疫球蛋白 E，且治療或手術後容易復發，造成臨床醫師極大的壓力。慢性鼻竇炎的治療，目前仍以功能性鼻竇內視鏡手術為主；而藥物治療，如類固醇、巨環內酯類抗生素、過敏免疫療法對於鼻竇炎的治療皆有其角色。近年來，生物製劑應用於慢性鼻竇炎的治療也有相當好的成果。本演講將介紹慢性鼻竇炎新的分類方式及治療上的新概念。

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