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Rhinitis symptoms and habitual snoring in Ecuadorian children

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ABSTRACT

Study objectives: To determine the prevalence of habitual snoring (HS) and its association with symptoms of rhinitis in a Latin American country and, secondarily, to assess how commonly physicians address rhinitis in the community.

Patients or participants: Six- to twelve-year-old school-aged children.

Population and methods: We designed a cross-sectional, community-based study of the pediatric population, centered in schools of Guayaquil, Ecuador. The study was evaluated and approved by the ethical committee of the Hospital Luis Vernaza as a local institution.

Measurements and results: A 15.1% prevalence of HS was reported among 806 responders out of 1193 surveys. The frequency of HS was associated with the number of rhinitis symptoms and a previous diagnosis of rhinitis, with those reporting ≥ 2 rhinitic symptoms being more likely to report HS ($p = 0.01$). Only a small minority of caregivers reported being aware of either HS or rhinitis as health problems.

Conclusions: HS is a highly prevalent symptom among Ecuadorian children, and the prevalence is further increased if the diagnosis of rhinitis or even >1 rhinitis symptom is concomitantly present. Since few caregivers of HS children are informed about the causes and consequences of this condition, increased health education about this condition is needed.

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