



## **Expert perspectives on the prescription pattern of levocetirizine+montelukast and fexofenadine+montelukast for the management of allergic rhinitis in the Indian settings**

*Int J Otorhinolaryngol Head Neck Surg; Manjula Set al; 2024;10(5):481-486*

- Oral antihistamines are considered as the gold-standard therapy for allergic rhinitis (AR), one of the most common chronic diseases affecting patients of all ethnic groups and all ages worldwide.
- Using a multi-response questionnaire, this cross-sectional study asked 153 participants 24 questions about their clinical observations, experiences, demographics, treatment characteristics in AR, and the use of levocetirizine + montelukast and fexofenadine + montelukast for managing AR in clinical practice.
- Most clinicians agreed that levocetirizine and montelukast combination therapy was effective in improving nighttime nasal symptoms (74%) and nasal congestion (69%).
- The combination of leukotriene receptor antagonists and antihistamines was recommended by the majority of clinicians (94%) who responded to the survey for treating AR over a two-week period.

**Levocetirizine+montelukast combination was preferred by clinicians for its efficacy in alleviating nighttime nasal symptoms and congestion.**

