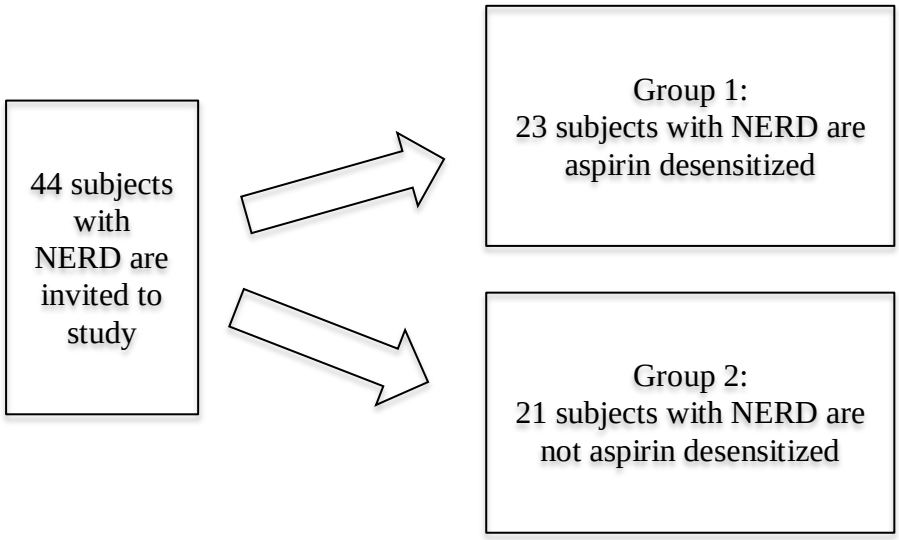
Participant flow



Baseline characteristics

Variable	Group 1	Group 2	p
n	22	21	NS*
Sex (Female) n, %	14 (63.6%)	14 (66.6%)	NS
Age (mean±SEM) (years)	44.8±2.3	44.6±3.3	NS
Presence of asthma n (%)	21(91)	21 (100)	NS
Asthma duration (mean±SEM) (year)	12.4±1.8	13.1±1.7	NS
Presence of nasal polyps n (%)	22/23 (95.6%)	21/21 (100%)	NS
Duration of nasal polyps (mean±SEM) (year)	10.4±1.6	10.04±1.5	NS
Nasal surgery (mean±SEM) (index number)	4.95±0.9	4.33±1.08	NS
Duration of hypersensitivity to Aspirin/NSAID (mean±SEM) (year)	8.8±1.4	8.4±1.8	NS
Number of sinusitis episodes in the last year	6.1±1.2	5.8±2.2	NS
Number of severe asthma attacks in the last year which requires at least 3 days of oral corticosteroids	0.5±0.2	0.4±0.1	NS
Number of hospitalizations in the last year	0.4±0.2	0.3±0.2	NS

NS*: not significant

Outcome measures-1

Comparison of asthma outcomes at 1 st years in Group 1 and 2

	Group 1			Group 2		
	Baseline n:22	**1 st year n:16**	**p**	**Baseline n:21**	**1 st year n:12**	**p**
Asthma attacks in the last year, (mean±SEM)	0.5±0.3	0±0	0.2	0.4±0.1	0.2±0.2	0.19
Number of subjects with severe asthma attacks, n(%)	5/22 (22.7)	0/16 (0)	***0.00001***	1/21 (4.7)	2/12 (16.7)	***0.006***
Admission to emergency care due to asthma, (mean±SEM)	1.4±0.7	0.1±0.1	0.208	0.2±0.1	0.3±0.2	0.104
Number of patients admitted to emergency care due to asthma; n (%)	7/22 (31.8)	1/14 (7.1)	***0.00008***	2/21 (4.8)	3/12 (25)	***0.005***
Hospitalization due to asthma; (mean±SEM)	0.4±0.2	0±0	0.057	0.3±0.2	0±0	0.07
Number of patients hospitalized due to asthma; n (%)	5/22 (22.7)	0 (0)	***0.00001***	3/21 (9.5)	0 (0)	***0.001***
Asthma Control Test	24.2±0.3	24±0.4	0.306	22.8±0.6	22.7±0.7	0.363
FEV_1 (lt), mean±SEM	2.8±0.1	2,6±0,1	0.080	2.3±0.2	2,5±0,37	0.639
FEV_1 (%), mean±SEM	92.3±3.6	87,6±4,5	0.474	81.6±3.8	84,4±4,9	0.679
Eosinophils; mean±SEM	252±50	400±17	0.137	300±50	700±0	0.702
Eosinophils; %; mean±SEM	3.1±0.6	5,1±1,3	0.308	5.6±0.8	5,5±4,5	0.705

Outcome measures-2

Comparison of sinonasal outcomes of the study groups at the end of 12 months

	Group1			Group 2		
	Baseline n:22	**1 st year n:16**	**p**	**Baseline N:21**	**1 st year n:13**	**p**
Nasal symptoms (mean±SEM)						
Nasal obstruction	3,51±0,8	0,08± 0,4	***0.008***	5,1±1	4,3±1,3	0.198
Smell sense	5,0±0,9	2,2±0.9	0.069	5,5±1	4,9±1.2	0.118
Sneezing	3.5±0,6	1,3±0,6	***0.034***	4,9±0,7	1,8±0,5	***0.005***
Number of acute rhinosinusitis episodes **(**mean±SEM)	6.4±1.1	0.6±0.2	***0.0001***	6.8±2.0	3.8±1.9	0.072
Number of nasal surgery, **(**mean±SEM)	4.95±0.9			4.33±1.08		
Smell tests scores; (mean±SEM)	3.7±0.6	3.8±1.3	0.246	3.6±0.6	1.2±0.2*	***0.07***

Outcome measures-3

Medication uses of the groups comparison of baseline versus 1 st years

	Group 1			**Group 2**		
	Baseline n:21	**1 st year n:14**	**p**	**Baseline N:21**	**1 st year n:14**	**p**
Asthma medications, n(%)						
ICS/LABA	2 (9%)	7(50%)	***0.0001***	7 (33.3%)	3 (25%)	0.212
ICS/LABA+Anti-LT	18 (82%)	4 (35.7%)	***0.0001***	12 (57.1%)	8(66.7%)	0.190
CRS medications;n(%)						
Intranasal corticosteroids	9(40.9%)	5 (35.7%)	0.465	12 (57.1%)	6 (50%)	0.320
Antihistamines+Intranasal CS	10 (45%)	3 (21.4%)	***0.0003***	3(14.3%)	4(28.5%)	***0.01***

Outcome measures-4

Comparison of Quality of life assessments at the end of 12 months in both groups.

		Group 1			Group 2	
	Baseline n:22	**1 st year n:16**	**p**	**Baseline N:21**	**1 st year n:13**	**p**
AQLQ_(mean)	4,9±0,4	5,1±0,3	0.197	4,5±0,3	5,1±0,9	0.646
RQLQ_						
Mean	1,8±0,4	1,2±0,4	0.574	2,4±0,3	2,4±0,9	0.721
Activity	1,2±0,2	0,9±0,3	0.905	2,4±0,4	1,3±0,5	0.094
Sleep	1,1±0,3	0,7±0,4	0.517	2,1±0,5	1,5±0,6	0.357
Others	1,4±0,2	0,9±0,3	0.847	2,3±0,4	2,2±0,5	0.304
General	2,1±0,4	1,7±0,5	0.524	3,4±0,5	2,3±0,8	0.064
Nose	2,1±0,4	1,6±0,4	0.466	3,1±0,3	1,6±0,4	0.165
Eye	1,5±0,4	1,6±0,4	0.821	1,6±0,3	1,6±0,4	0.226
Emotions	1,5±0,3	1,1±0,5	0.644	2,4±0,4	1,1±0,5	0.081

Adverse events

There were no adverse events associated with this trial.