[Research report]
Nine cases that complained of nasal smell and diagnosed as self-smelling*

toshichan-man
mmm82889@yahoo.co.jp

[Key words]
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[Abstract]
Nine cases that complained of nasal smell and have been diagnosed as self-smelling in psychiatry is shown. But they actually have a strong nasal smell. Since there is no atrophy of nasal concha and crust formation, it does not apply to the concept of atrophic rhinitis / bronchoscropy.
It is thought that it has been overlooked because it is a disease condition not recognized visually but only as an odor. The onset age is somewhat slower than atrophic rhinitis / bronchitis, and there is no difference in the number of men and women suffered. There were many complaints of "smell of fart" and "stinky smell of fish", it was thought that Staphylococcus aureus in the former case and Pseudomonas aeruginosa in the latter case proliferated mainly in the intranasal nasal cavities.
Although the frequency of this disease is high, it is diagnosed as self-smelling in neglect or psychiatry. I call it a new type odor nasal disease.
It can be said that this is a terminal state of chronic rhinosinusitis.
**Introduction**

Recently, there are a lot of people who strongly complain about nasal smell. Self-smell is diagnosed in psychiatry, but in fact, they have a strong nasal odor. There is no crust formation in the nasal cavity, which is different from classical bronchiasis. Currently antibiotics are used against rhinosinusitis and allergic rhinitis, which is considered to be one of the reasons that such pathological conditions appear very often. Nine cases are presented.

**Case**

(Case 1) 53-years-old, male

Current medical history: The case was very concerned about bad breath, and there was social anxiety disorder (interpersonal tension) according to this. The treatment history of social anxiety disorder extends to 34 years. From childhood, there were more tooth decay, judged selfish from the teeth, surrounding several dentistry, thoroughly treated teeth, but did not reduce malodor (self judgment). The bad breath self diagnosed by gastroesophageal reflux disease, and received a PH test etc. for 24 hours at a university hospital etc. In both cases gastroesophageal reflux disease was denied. Even though it was not gastroesophageal reflux disease, the case itself was thought that if bad breath became severe even depending on chronic gastritis or functional gastrointestinal disorder, he was treated with Kampo so as to cure chronic gastritis or functional gastrointestinal disorder. However, the treatment result was not good. The case insisted that there was a contradiction in the method of PH test for 24 hours, it refluxed when abdominal cavity pressure was applied and inspected by semi-fasting at the time of examination, and it was negative, the second 24 hour PH test He insisted on receiving. The patient began to think that her smell was not a bad breath but
a bad smell was just before reading the second 24 hour PH test, reading the "Friends' Worry with Nose Odor" on the Internet. The patient was extremely struggling with severe chronic rhinosinusitis from the lower grade of elementary school but from the second spring of high school, chronic rhinosinusitis became mild or secretion decreased, plagued by chronic rhinosinusitis lost.

In the second spring of this high school, severe acne who had been suffering since the elementary school 6 was remedied dramatically (in exactly the same time that it does not suffer from a runny nose in the class during class).

From the second year of high school where nasal discharge came out and no difficulty during the lesson, he believe that when he followed my memory he had a strong nose smell at least in high school 3 winter.

he used mupirocin (imported individually and used for about 3 weeks), but there was no pleasant effect (dry feeling of nasal cavity did not weaken). It is presumed that the intact nasal mucosa had already been destroyed until there was no soundness. Currently, horse oil is sometimes injected intranasally and surpasses it. At work he put a bottle of horse oil on the desk and injected intranasally every few hours.

Staphylococcus aureus (3+) in the nasal cavity culture, other bacteria negative. Fungus culture (-).

Nasal dryness is strong.

(Case 2) 39 years old, female

Current medical history: When she was in elementary school 4, she had rhinosinusitis. Since she became a junior high school student, my nose was often clogged, and my nose breathing became difficult at night. At the same time, she know that there is a bad smell from the nose. she complained about otolaryngology, but she was lightly treated. Around this time, she was told by my classmates "smelly" and experienced heavy bullying. In the second year of junior high school, she started taking medicinal herbal medicine which is said to be effective for chronic rhinosinusitis / bronchiasis, etc, but after three months she started taking remission (she do not care about nose smell) she
refreshed after a year. She examine it in the library and find out that my pathology is like bronchiasis. It was said that "smell of fart" and "smell of feces" will take place at junior high school. When she was in her twenties, there was something in an ear, nose, and throat "There is black in the nose! you smoke cigarettes like Godzilla! (Case does not smoke cigarette)". At this time, chronic rhinosinusitis became extremely worse and a large amount of yellow nasal discharge appeared, pointing to the place where the case was in the workplace and being fussed as "the neighborhood squid smell ~ fishy smell ~". This was just after taking antibiotics for 7 days. It is estimated that P. aeruginosa grew abnormally at this time.

She used mupirocin, but it came to the stomach (stomach rough), she stopped using it in a few days if she could not feel the effect (it was mupirocin as an individual import). She assert that the nasal odor becomes stronger or weaker as a result of the physiological cycle, especially the odor is strong during menstruation (she do not smell on my own, so she judge from surrounding reactions).

Recently it says that "fart smell" is often pointed out. I am aware of the dry nose.

Staphylococcus aureus (3+) in the nasal cavity culture, other bacteria negative. Fungus culture (not enforced).

Nasal dryness is strong.

(Case 3) 56-year-old, male

Current medical history: Ear and nose were bad from elementary school student's low grade and he went to the otolaryngology hospital. A large amount of runny nose came out during junior high school and high school and struggled during the class. After graduating from high school, he join A branch of Tokyo. he work on the floor where there are close to 200 people. So "smelly" is said to be a sign of neglect from company employees. However, he himself did not care much.

At the age of 30, it will be moved to the Osaka branch. Again, he work on the floor where there are close to 200 people. Rumors of being in the Tokyo branch are being conveyed, and the company employees say "beholden" in the same way as "smelly". A young
employee came near the case and smelled and frequently referred to as "smelly". The patient was suffering and underwent surgery for chronic rhinosinusitis at a university hospital. It was presumed that such a torment could have occurred because it was a workplace with plenty of time. On the Internet, he found a "friends associate with nose smell" and he realize that he seem to be bad nose disease on my own here. he have seen some otolaryngology, and he have been diagnosed with atrophic rhinitis in some cases. Also, in one otolaryngology, he have written an introduction letter to a psychiatrist, and he have visited a psychiatric department in some cases. Self-smell was diagnosed in psychiatry, and anxiolytic drugs and antidepressants (alprazolam, sulpiride) were prescribed. It seems that sulpiride was prescribed as an antidepressant, not as an antipsychotic. Personality is moderate, sociality is high. Nasal dryness is strong.

(Case 4) 26-year-old, female
Current medical history: At nineteen years, a large amount of nasal discharge came to come out, and an otolaryngology visit. Diagnosed as rhinosinusitis and prescribed antibiotics etc. She says she has started to smell nasal from around 1 year after becoming rhinosinusitis. Visit to ENT is stopped in 2 years. It was diagnosed as cure of rhinosinusitis. "Friends of troubles with nose smell" writes a lot and has many friends. However, after getting out of hospital for ENT, it is in a state of full bowing. Why, why do not you say why you have a baby with a family man (father, mother). Schizophrenia, depressive disorder, personality disorder are denied from many writes in "Friendship afflicted by nasal smell" and diagnosed as mild generalized anxiety disorder, but there is no psychiatrist visit. she used mupirocin (it was an individual import mupirocin), but stopped using 3 weeks if she could not feel the effect. It was speculated that the bacterial flora of the nasal cavity had already become only S. aureus or mainly S. aureus, the nasal mucosa was
destroyed and could not return to the original normal bacterial flora.
Judging from the writing of "Friends of the Nostrils with Nose Odor", the case is obedient, caring and friendly, the thought to others is strong, the reason why the parents do not tell the reasons for taking care of parents is that for others It is presumed that there is difficult understanding feud. It is also thought that parents do not understand that "they can not go out because of nasal smell."
Intranasal injection of horse oil is carried out. This says that it has some effect.
Nasal cavity culture is not enforced. There is a strong sense of dryness in the nasal cavity, but this is because it has been diagnosed as healing of rhinosinusitis from otolaryngology.

(Case 5) 28 years old, female
Current medical history: When she was in high school, she suffered from rhinosinusitis, she underwent an otolaryngology examination, and received antibiotics etc. Rhinosinusitis remitted in a few years and stopped hospitalization for otolaryngology. It was around the end of the high school days when she went to the ENT to have begun to be said to smell.
Because it is said from smell and people, we began to avoid touching people as much as possible. He was diagnosed with social anxiety disorder. This is why she thought she was an axillary odor, and she performed an operation of armpit odor. she thought that she was smelly, she became extremely nervous at the examination site and I failed the college entrance examination. she become a ronin but go to preparatory school because she smell, she will not go and she get ronin at home. However, because of the extreme tension at the college entrance examination simulation test site, the poor performance continues, giving up on going to university.
Even trying to work part-time, she can not work part-time because she are a smell. Virtually fall into a closed basket. she thought that it was an axillary odor, and at the age of 21, she was being told that it smells from the surroundings even if she perform surgery of the armpit. Although she had judged myself
after surgery for several years, she did not seem to be odor after surgery, she did not know the cause of the smell. About a year ago, she noticed that she had a stuffy nose.

It is diagnosed as self-smelling even when she get an otolaryngologist, and it is recommended to visit psychosomatic medicine department. However, letters of introduction to psychosomatic medicine department remain unchanged.

She realize that there are many people with the same troubles as myself in "Friendly meeting with stuffy nose". Nasal dryness is strong.

(Case 6) 29 years old, female
Current medical history: she has been treated from early nose and throat with rhinosinusitis until recently from elementary school lower grade. She have been taking antibiotics since elementary school lower grade.

It seems to have been stinking since junior high school days, but it is unclear, he says that he may have been stinking since elementary school days.

The self-introduction of "Friends meeting worrying with nose" is as follows.
"I have not laughed since my heart for years.
I smell when laughing, so I learned to laugh by closing my mouth.
As much as possible, conversation was short, and I got a technique to complete with a word.
I strive to suck even a bit on my own breath.
The surroundings do not understand this effort.
So I will offer you bracecare
Offering Fabrezes.
That behavior that you are meant for gentleness makes me suffer unnecessarily.
I like kids and I want to get married.
But I felt like I should not be in love because of this smell and it all shut down.
I have a job. Lol
I am working in the hospitality industry at my own misunderstanding.
From a smelly dark worker
You can smell, but you can work with good health. It was recently that it began to aim. I also went to a famous dentist. I also did a human dog. I even had a stomach camera. I also challenged traditional Chinese medicine. Yet, I did not know where and where I smelled this smell. It is half a year ago that I noticed that I had a stuffy nose. When will it make me laughable from the bottom of my heart? " In response to the cycle of menstruation it is argued that often the nasal odor becomes stronger or the nasal odor hardly disappears. Nasal dryness is strong.

(Case 7) 19 years old, female
Current medical history: First spring in high school, she had rhinosinusitis, passed over one year to ENT, received treatment with antibiotics, etc., she was discontinued visit. It is in the hospital that she started being told that it was a smell. She is forced to see a psychiatric department from her parent, she is consulted, and diagnosed as selfish odor. she went to a psychiatrist for about 2 years and continued to prescribe anxiolytic drugs, antidepressants (mexazolam, alprazolam, amoxapine etc.). She says that psychiatry did not work at all when it got sleepy when taking medicine. "Although high school was hard during the class and she was able to graduate while leaving early and absent, although she graduated gradually all but college, she are currently a preliminary student, but shev are having difficulty leaving and being absent from class during the course"
"Parents are not odorous, persistent, overly concerned, squeezing one by one"
"How could life be different if you did not have a nostril, if you do it from another person you might think that .... I think so ... I'm being smoked anywhere I am avoided." Thinking about that, I do not have much hope for myself anymore, I do not know what to do anymore. 
Recommend intranasal injection of horse oil. It says that it smells a little. It seems to be straightforward without bending of
personality.
Nasal dryness is strong.

(Case 8) 37 years old, male
Current medical history: High school, winter, sleeping in front of a hot-air stove, inhaling warm air for a long time, insisting that it formed an envelope in the nasal cavity for a long time, he underwent multiple otolaryngology. He was diagnosed as selfish smell from a certain otolaryngology and was advised to visit a psychosomatic medicine department, and received psychosomatic medicine along with an introduction letter, and he is still in psychosomatic medical hospital. Psychosomatic medicine goes because he want sleeping medicine. He work for Y station, he have never been bothered. This is presumed to be because the case job at the Y station is very close to contacting people very close. In the Y station he work for a very large number of night shifts. When he joined the Y station, he was concerned about nasal smell, so ordinary people chose the current department to avoid. Nasal dryness is strong.

(Case 9) 31 year old, male
Current medical history: From the age of 19 he started to work in the freezing room and say that it made me nervous. He went to an otolaryngology department, but it is diagnosed as self-smell. No psychiatrist consultation history. My work is serious without taking a break. he still work in the freezing room now. There is little contact with people close to work on business. he have never been bothered. When putting a person in his car, he think that it is a smell and can not be put on. When going to the house of a person's house Be sure to bring Hananoa (a physiological saline solution etc. to wash nasal cavities) in the car before entering the house ) To wash the nasal cavity and so on. Nasal dryness is strong.
**[Discussion]**

Atrophic rhinitis / bromodystrophy is also described in the Egyptian ancient document as a mysterious disease. B. Frankel proposed that atrophic rhinitis / bronchitis accompanied by three main symptoms of "malodor, atrophy, crust", it is said that he developed a ground as a disease 7).

In the past worldwide, the frequency of atrophic rhinitis and odor nasal syndrome was high, and various arguments about its etiology have been made. It was empirically known that female hormone administration was effective, that it was frequently healed spontaneously in old age, that the incidence rate of women was more than twice that of men, that female patients In many cases, the nasal odor became stronger or weaker depending on the menstrual cycle, suggesting that sex hormones had great effect on atrophic rhinitis / bronchitis 7) when combined.

However, atrophic rhinitis / bromodystrophy has continued to decrease, and now occurrence has been very low worldwide1, 7). Even though we have a nose smell complain of nasal odor, we can say that all patients introduced as psychiatry as self odor because it does not apply to the concept of atrophic rhinitis / bronchoscopy disease. However, it seemed that there were many patients who were not self odorous among them. This is only a "bad smell", it can not be perceived as an object because there is no atrophy and crusts, it can be said that it has been overlooked. It is also a blind spot of contemporary medicine which does not reflect on CT · MRI and nasoendoscopes and research on malodor is not progressed.

Staphylococcus aureus at the time of smell of feces / smell of fart, and Pseudomonas aeruginosa at abnormal smell of fish are considered abnormally proliferating 11).

Since no crust formation is observed in nine cases, it can not be applied to old concept odor nasal disease. However, in nine cases, they have a strong nasal smell. Although it may be a pathology that existed previously, it may be overlooked because CT and MRI, nasal endoscopy, crust formation and other abnormalities are not seen.

Although the frequency of this disease is high, almost everything
is diagnosed as self odor. However, the odor may be strong enough to continue to refuse to stay in the same room, and the odor is denied. This offensive odor intensity is thought to be weaker than classical odor nasal symptoms.

As the "bullies" has increased drastically, it is very common that you are receiving "bullying" as a "smelly man". In addition, there are many people who are falling into society and getting pulled. Case 4 is just an example.

Staphylococcus aureus is inhabited as a resident bacterium in the nasal vestibule, but it is not usual that S. aureus is inhabited in the mucous membrane covered intranasal cavities, and Streptococcus pneumonia, Influenzae bacilli (Haemophilus influenza), meningococcus (Neiseria meningitides), etc. are established as indigenous bacteria 14). However, under the foundation that intrinsic nasal nasal mucosa is strongly impaired, we believe that something out of Staphylococcus aureus and Pseudomonas aeruginosa strongly proliferates in the intranasal nasal mucosa and releases a strong nasal odor it was done. In the case of Staphylococcus aureus, it is thought that it is very much 90% or more, and in the case of Pseudomonas aeruginosa it is thought that there are many after antibiotic administration.

Currently, it is generalized to perform a small amount of macrolide antibiotic for a long time in rhinosinusitis, but cells producing secretion solution (nasal discharge) are killed, and S. aureus and Pseudomonas aeruginosa It is considered that the produced metabolic products can not be pushed towards the throat, and the nasal odor is further severe 4). There are very many patients who say that drinking antibiotics only days, but dramatically reducing odors. This supports that Staphylococcus aureus is stinking. In the case of at least Staphylococcus aureus, Staphylococcus aureus obtained resistance to drugs is generally less susceptible to S. aureus 2) because it has obtained its drug resistance at the expense of its habitat ability 2) is there. It is assumed that inhabitant nasal cavity and paranasal sinus nasal mucosa inhabit so that drug resistant Staphylococcus aureus is hidden by a few number. In case

It is good to return to healthy intranasal nasal cavity and sinus
nasal mucosa where S. aureus can not survive, but this is considered extremely difficult. Most of those who complain of nasal smell appeal to "dry nose", and it is considered that many organs secreting nasal discharge are killed. Staphylococcus aureus is resistant to drying, but in the wet state other bacteria also grow easily and S. aureus is destroyed. Therefore, if the nasal discharge is sufficiently secreted from the organ that secretes the remaining nasal discharge, the resident indigenous layer will be restored and S. aureus will not survive, it is considered that the nasal odor will cure.

It is extremely difficult to drive S. aureus with an antibiotic when the dominant nasal cavity and paranasal sinuses become S. aureus because S. aureus is present as a resident bacterium in the nasal vestibule Conceivable. This is because Staphylococcus aureus crosses from the nasal vestibule to the intrinsic nasal cavity and paranasal sinuses and its inherent nasal cavity and sinus nasal mucosa are destroyed by metabolites of S. aureus. Saint Staphylococcus predominantly exists in the intranasal nasal cavity and paranasal sinus so that it can develop nasal odor because changes such as Staphylococcus aureus can survive in intrinsic nasal cavity and paranasal sinus where original S. aureus can not survive ing. The cause is

1) injuries of intrinsic nasal cavity and sinus mucosa due to chronic rhinosinusitis of many years
2) By taking antibiotics, influenza bacilli, S. pneumoniae, Moraxella catarrhalis, which are indigenous bacteria in the nasal cavity, have been killed and S. aureus has become an indigenous nasal cavity and paranasal sinus. Metabolites of Staphylococcus aureus damaged intrinsic nasal cavity and sinus nasal mucosa, and S. aureus became very easy to live
3) Damage to intrinsic nasal nasal mucosa due to exhaust gas etc. Can be considered.

From the early childhood, people who had severe rhinosinusitis have begun to appeal to "nasal smell" from the time they thought that it cured in the age of students, because the dominant nasal cavities and sinus control bacteria are yellow It is thought that it transferred to Staphylococcus.

In case 2, she was remitted for about a year and a half by taking
herbal medicine, which is said to be effective for bronchoscopy at junior high school age, but this medicine has improved the health of the nasal mucosa of the intranasal nasal cavity by herbal medicine, It is considered that many bacteria became dominant, and they did not emit offensive odors.

When case 2 was junior high school student, the nasal odor was bad after the antibiotic administration. It is considered that the dominant bacteria in the intranasal nasal cavities and the sinuses changed to Pseudomonas aeruginosa by antibiotic administration. The herbal medicine, which is considered effective for the bronchoscopy used in case 2, is said to be ineffective usually. This was effective at junior high school age, it is presumed that it probably was Pseudomonas aeruginosa if taking into consideration that mass breeding in the nasal cavity of case 2 was after antibiotic administration at that time. If it is Staphylococcus aureus, drying of the nasal cavity becomes stronger and it is considered that any method will not work.

No crust formation in the intranasal nasal cavity, which is a characteristic of classical bronchiasis in both cases, was observed. Staphylococcus aureus or Pseudomonas aeruginosa strongly proliferated in the intranasal nasal mucosa under the basis that the integrity of the intranasal mucosa was strongly impaired, and it was thought that a strong nasal odor was released. Currently, it is considered that many of self-stated odor nasal diseases, which are rapidly increasing. Abuse of antibiotics was considered as one of the causes. In case

In female patients, as in case 2 case 6, it is often observed that nasal odors are strengthened and nose odor is almost eliminated in response to the physiological cycle. This is presumably because the microflora of the intranasal nasal cavity and the paranasal sinuses change in response to the physiological cycle 1, 7). Several women who are participating in the "friends meeting who is suffering from nose smell" argue that "the nose smell becomes strong during menstruation", but since ancient times, there is a hormonal theory as the etiology of nasal odor, odor during menstruation. It is consistent with 1) the bad smell of rhinitis increases. A few women who participate in this "friends meeting who is suffering from nose smell" estimate by surrounding
reactions because they do not know the bad smell on their own, but their sensitivity to the surrounding reaction is very high, right? It seems to be judgment. Those who participate in "Friends of troubles with nose smell" exceed 70 people well, there is no gender difference. Because it is a pathological condition of abnormal proliferation of Staphylococcus aureus or Pseudomonas aeruginosa in the intranasal nasal cavity and accumulation of its excrement rather than bacterial growth and accumulation of excrement in crust by crust formation. After that, even if you clean your nose with saline, the next day morning you can say that everything smells off from the nasal cavity. Nasal washing with physiological saline is effective temporarily, but its effect duration is not long. Therefore, it is recommended to wash the nasal cavity before going to work or before going to school, but in the afternoon many people start smelling nose.

To rhinosinusitis and allergic rhinitis, it is common to administer antibiotics, and inherently, dominant bacteria in the nasal cavity and paranasal sinuses are expelled and basically exist only in the nasal vestibular region. It is speculated that S. aureus to become dominant bacteria in the intranasal and paranasal sinuses. And little research on smell is currently under way. Studies on bromodystrophy have been carried out actively in the past, but now it has not been done at all because its onset has almost disappeared. Those who are participating in "friends meeting who is suffering from nasal smell" are still mostly in hospital for otolaryngology due to rhinosinusitis or allergic rhinitis, most of them are young people, and frequent antibiotics I am receiving administration of an agent. Many people suffered from severe rhinosinusitis or allergic rhinitis since childhood, but many also initially developed suffering from rhinosinusitis or allergic rhinitis near 20 years old. One male patient who remitted by nasal inhalation of lactic acid bacteria solution 17) was found to be one of those who developed symptoms of allergic rhinitis six months ago and that the intrinsic nasal nasal mucosa was healthy. Most of them have only temporary effects even by inhalation of lactic acid bacteria solution by nasal passages, but since this has been suffering from
rhinosinusitis or allergic rhinitis for many years, the integrity of the intranasal nasal cavity and sinus nasal mucosa It was speculated that it was low. I expected mupirocin 12), case 1 case 2 case 4 used it, but there was no pleasant result (in 3 cases cheap mupirocin was imported individually from overseas). This drug is only effective for staphylococci and streptococci and does not inhibit the recovery of the indigenous flora in the intranasal nasal cavity and paranasal sinuses. However, it seemed that there was no effect for patients with moderate or more complaints of "dry nose". It is considered temporary to suppress the growth of Staphylococcus aureus because of little nasal secretion. If you search for "bad nose", you can see that it is more common in China. This is thought to be due to intense air pollution in China. Air pollution in China is assumed to be intense so that the nasal mucosa of the intranasal nasal cavity is destroyed. The condition was subtle before the existence of many atrophic rhinitis / bronchitis, but whether it was overlooked or not, the judgment is subtle.

【Remarks】
The reliability of fungus culture is low, and even if it is a fungus culture (-), it can not be concluded that it is not stinky due to fungal abnormal proliferation. The fungus is an indigenous fungus in the nasal cavity and it is necessary to comprehensively judge by conducting CT examination 5). The author thinks that participants in "Friends of troubles with nose smells" also contain extremely few people who are stinking due to fungal infections in the nasal cavity and paranasal sinuses.

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9 cases suffering from nose smell, which are misdiagnosed as halitophobia

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Summary

9 cases suffering from nose smell, which are misdiagnosed as halitophobia

**toshichan-man**

I experienced misdiagnosed halitophobia in psychiatry 9 cases which complain of nose smell. But, which really show strong nose smell. Because atrophy of the turbinal and the crust formation are not accepted, it does not apply to a concept of the atrophic nasal inflammation, ozena.

It is also contemplated that has been overlooked since it is a medical condition that can not be recognized visually, it is recognized only as an odor. Complained of "stool odor", "farting smells" the most, I was considered Staphylococcus aureus or Pseudomonas aeruginosa is growing mainly in specific nasal cavity this.

Stench is mitigated by performing the nasal inhalation solution of lactic acid bacteria. The frequency of this illness is high, I name this new ozena.

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