

# **YOUR SINUSES AND YOU**

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# **SINUSITIS**

- **Common disease entity in children and adults**
- **Most common chronic illness in the United States surpassing arthritis and hypertension**
- **Thirty million people are infected with sinusitis every year**
- **Almost one in eight people suffer from sinusitis at one time**
- **Accounts for millions of lost days of work and/or school.**

## **WHAT ARE THE SINUSES?**

**Air-filled compartments surrounding the nose.**

## **WHAT IS SINUSITIS?**

- **Infection of the sinus cavities**
- **Causes: Multiple - allergy , cold/URI**
- **Occurrence: Sinus infection is suspected whenever cold symptoms persist more than ten days.**

## **WHAT ARE THE SYMPTOMS OF SINUSITIS?:**

### **Children**

- **Chronic Cough**
- **Nasal Drainage**
- **Ear Infections**
- **Nasal Congestion**
- **Headache**
- **Sore Throat**
- **Eye Swelling**
- **Fever**

### **Adults**

- **Headache**
- **Nasal Drainage**
- **Nasal Congestion**
- **Facial pain/Discomfort/  
Pressure**
- **Sore Throat**
- **Nausea/Vomiting**

## **SINUSITIS: HOW DOES IT HAPPEN?**

- **Obstruction of sinus openings**
- **Accumulation of sinus drainage in sinus cavities**

## **HOW TO TREAT SINUSITIS?**

### **Medical--Majority**

- **Antibiotics**
- **Nasal Sprays**

### **Surgical**

- **Endoscopic Sinus Surgery**

## **HEADACHE AND SINUSITIS**

### **Type**

- **Four Finger Headache**
- **Facial Pain/discomfort/pressure**
- **Frontal**
- **Deep-seated behind the eyes**
  
- **There may be other contributing causes of headache**
  
- **Majority of adults and children**

## **DOES SINUSITIS TREATMENT RESOLVE HEADACHES?**

- **Not always**
- **Many causes may contribute to headache**
- **Sinusitis may be one of the most common causes of headache in adults**

## **WHAT IS ALLERGY?**

- Patient is "allergic" or sensitive to certain substances in the environment (air, food, etc.)
- Presentation: Congestion, drainage, itching, sneezing, tearing, headache, dizziness

## **WHAT IS THE RELATIONSHIP BETWEEN SINUSITIS AND ALLERGIES?**

- Allergies may lead to sinusitis.
- Allergies may worsen sinusitis.
- Allergies may prolong sinusitis.
- Allergy treatment may improve sinusitis, but not cure it.

## **WHAT IS NON-ALLERGIC RHINITIS?**

- No specific allergies
- Commonly due to: temperature changes, stress, weather changes...
- Presentation: Drainage, congestion, headache...
- May be associated with sinusitis

**WHAT IS THE RELATIONSHIP BETWEEN THE SINUSES,  
TONSILS AND ADENOIDS?**

- There is a correlation between large infected tonsils and adenoids and sinusitis.
- Removing tonsils and adenoids may improve sinus disease.

**WHAT IS THE RELATIONSHIP BETWEEN EAR INFECTIONS  
AND SINUSITIS?**

- There is a high correlation between sinus infections and ear infections in children.
- Exact reason unknown
- Allergy, colds, inflammation, obstruction

## **WHAT IS THE RELATIONSHIP BETWEEN SINUSITIS AND NASAL DRAINAGE?**

- Sinusitis may be one of the most common causes but not the only one.

## **IS SINUSITIS A LIFE-LONG DISEASE?**

- Possibly if not treated appropriately
- May be cured if treated adequately and promptly
- May lead to a variety of complications

## **WHAT IS THE RELATIONSHIP BETWEEN SINUSITIS AND ASTHMA?**

- Sinusitis may trigger or worsen asthma
- Treatment of sinusitis may improve asthma.

## **DOES SURGERY PROVIDE CURE FOR SINUSITIS?**

- **Surgery is only considered when maximal treatment by medications fail.**
- **Surgery may improve or cure the majority of patients with chronic sinusitis.**
- **Surgery alone may not be sufficient (medications, allergy treatment...)**

## **WHAT IS THE RELATIONSHIP BETWEEN SINUSITIS AND SMOKING?**

- **Smoking may worsen sinusitis in both adults and children**
- **Avoiding or stopping smoking may improve the outcome of the medical and/or surgical treatment of sinusitis.**

# **CONCLUSION**

## **SINUSITIS: CONTRIBUTING FACTORS**

- **Allergy**
- **Colds/URI**
- **Anatomic obstruction**
- **Enlarged tonsils and adenoids**
- **Smoking**

## **CHRONIC SINUSITIS: MANAGEMENT**

- **Avoidance**
- **Medications**
- **Surgery**