

Is it or is it **SNOT...** **SINUSITIS?**

SINUSITIS MOST OFTEN BEGINS WHEN A PERSON DEVELOPS A COLD, UPPER RESPIRATORY ILLNESS OR SUFFERS FROM ALLERGIES.



Those who suffer from sinusitis may experience a variety of symptoms ranging from:

- Loss of smell
- Nasal drainage
- Mid-face pain or pressure
- Congestion

Understanding the symptoms of sinusitis can help sufferers get the timely care they need to combat the illness.

Cold-like symptoms that last this long or become this severe may be a sign that the illness is sinusitis - a chronic condition that affects

1.8
IN
ADULTS
EVERY YEAR

CARING FOR SYMPTOMS WHEN THEY FIRST ARISE MAY KEEP A PERSON FROM DEVELOPING SINUSITIS IN THE FIRST PLACE. FOLLOW THESE STEPS:

KEEP THE NASAL PASSAGES CLEAR

One of the best ways to keep the sino-nasal passages clear is to use a saline nasal spray. Spraying a saline solution into each nostril up to 6 times a day can help keep it clear and reduce the risk for inflammation.

TREAT ALLERGY SYMPTOMS

Allergies can predispose a person to sinus infections. Treating allergy symptoms can reduce the risk for developing an infection. Antihistamines such as those found in oral allergy medication can help keep allergies in check.

GRAB A DECONGESTANT

Medications such as Sudafed are systemic decongestants that help decrease inflammation that leads to infection. These medications may have side effects, so consult your doctor before using.

CONSIDER A NASAL STEROID

Topical nasal steroids such as over-the-counter Flonase can be used daily for up to a month to provide relief. Be mindful that it may take up to five days before seeing relief from symptoms. Do not use for more days than instructed.

For more information on sinusitis, visit premierhealthspecialists.org

SOURCES: Stewart Adam, MD, Upper Valley ENT Associates; American Academy of Otolaryngology