

## How can sinusitis be prevented?

A number of helpful steps can be implemented to minimize the recurrence of sinusitis:

1. Take precautions to control allergens in your home or work environment.
2. Maintain a healthy diet rich in fruits, vegetables, whole grains, and fiber, especially garlic, onions, and citrus fruits, which strengthen the immune system and are most beneficial to the sinus sufferer. Avoid dairy products, sugar, caffeine, and red meat.
3. Drink plenty of water so the sinuses can more easily drain.
4. Stick to a healthy exercise plan.

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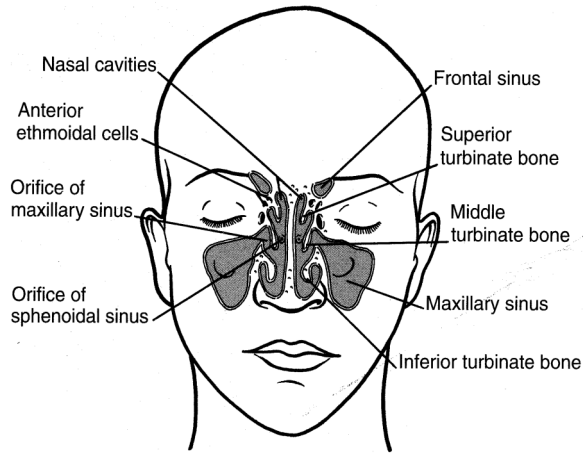
# *SINUSITIS*

## *Answers to Patient's Questions*

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# Questions and Answers About Sinusitis

**Sinus Cavity**



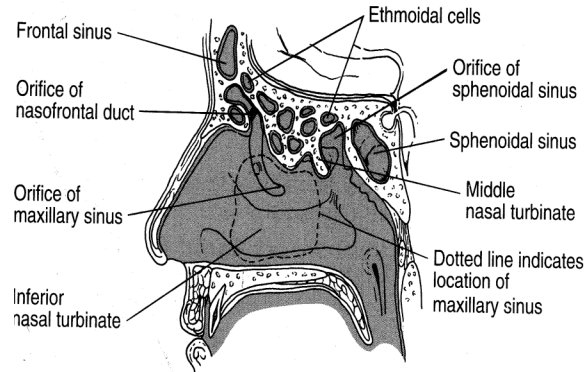
## What are sinuses and where are they located?

Sinuses are air-filled cavities. There are four sets (frontal, maxillary, ethmoid and sphenoid located behind and around the nose and eyes. Along with the nose, sinuses serve as the body's chief protector of the lungs by filtering out viruses, dirt, dust particles, and allergens, and as a "humidifier" by moistening dry air that would be irritating to the lungs.

## What is sinusitis?

Sinusitis is an inflammation of one or more of the sinuses. When a sinus is infected, the membranes of the nose also swell, causing nasal obstruction and that stuffy, uncomfortable feeling often accompanied by a painful headache and facial pain.

**Sinusitis**



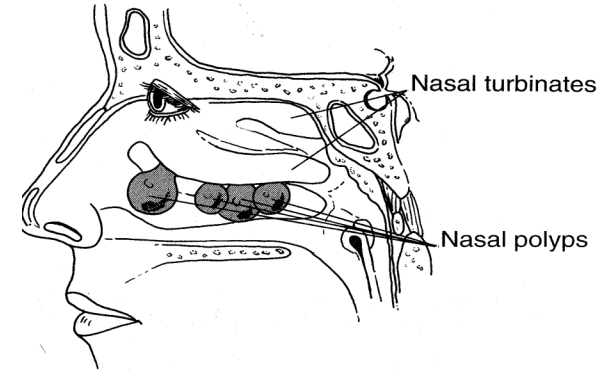
## Are there different types of sinusitis?

Yes, acute and chronic. Acute sinusitis is an infection of the sinuses which usually develops after an upper respiratory infection. When an infection has recurred two or three times, or when symptoms persist despite several courses of therapy, the inflammatory process assumes a long-term or chronic character and becomes susceptible to additional bacteria. Amoxicillin, penicillin, trimethoprim-sulfamethoxazole and erythromycin are the antibiotics generally prescribed for acute sinusitis. Chronic sinusitis is generally treated with antibiotics covering a broader spectrum, such as amoxicillin-clavulanate.

## What causes sinusitis?

The most common cause is a bacterial infection (streptococci, pneumococci or staphylococci), prompting swollen mucous membranes and thickened nasal secretions. Other causes include allergies, polyps (benign growths), and air pollution.

**Nasal Polyps**



## How can sinusitis be relieved?

Control of the infection and improved drainage are the aims of therapy. Control of infection is usually achieved with a regimen that includes antibiotics used in combination with antihistamines and decongestants such as *chlorpheniramine maleate* and *pseudoephedrine HCL* or the newer *non-sedating antihistamines such as Loratadine*. Antihistamines and decongestants can provide fast relief from sneezing, stuffy nose, swollen nasal membranes and clogged sinuses. It is best to check with your doctor before using any of these medications, especially if you are taking other medications for other medical conditions.