

# SINUSITIS

Sinusitis is an inflammation, or swelling, of the tissue lining the sinuses. Normally, sinuses are filled with air, but when sinuses become blocked and filled with fluid, germs (bacteria, viruses, and fungi) it can grow and cause an infection.

Conditions that can cause sinus blockage include the common cold, allergic rhinitis (swelling of the lining of the nose), nasal polyps (small growths in the lining of the nose), or a deviated septum (a shift in the nasal cavity).

## DIFFERENT TYPES OF SINUSITIS

- **Acute Sinusitis:** A sudden onset of cold-like symptoms such as runny, stuffy nose and facial pain that does not go away after 10 to 14 days. Acute sinusitis typically lasts 4 weeks or less.
- **Sub-Acute Sinusitis:** An inflammation lasting 4 to 8 weeks.
- **Chronic Sinusitis:** A condition characterized by sinus inflammation symptoms lasting 8 weeks or longer.

## • Recurrent Sinusitis:

Several attacks within a year.

## SYMPTOMS OF ACUTE SINUSITIS

- Facial pain/pressure
- Nasal stuffiness
- Nasal discharge
- Loss of smell
- Cough/congestion

### Additional Symptoms

- Fever
- Bad breath
- Fatigue
- Dental pain

Acute sinusitis may be diagnosed when a person has two or more symptoms and/or the presence of thick, green, or yellow nasal discharge.

## SYMPTOMS OF CHRONIC SINUSITIS

- Facial congestion/fullness
- A nasal obstruction/blockage
- Pus in the nasal cavity
- Fever
- Nasal discharge/discolored postnasal drainage

Additional symptoms of chronic sinusitis may include:

- Headaches
- Bad breath
- Fatigue
- Dental pain

## TREATMENT

**Acute sinusitis:** Your health care provider may recommend treatment with decongestants like Sudafed and steam inhalations alone. Use of nonprescription decongestant nasal drops or sprays may also be effective in controlling symptoms. However, these medicines should not be used beyond their recommended use, usually four to five days, or they may actually increase congestion. If antibiotics are given, they are usually given for 10 to 14 days. With treatment, the symptoms usually disappear and antibiotics are no longer required.

**Chronic sinusitis:** Warm moist air may alleviate sinus congestion. A vaporizer or inhaling steam from a pan of boiling water (removed from heat) may also help. Warm compresses are useful to relieve pain in the nose and sinuses. Saline nose drops are also safe for home use.

Use of nonprescription decongestant nasal drops or sprays might be effective in controlling symptoms, however, they should not be used beyond their recommended use. Antibiotics or oral steroids may also be prescribed.

## What Happens If Sinusitis Is Not Treated?

Delaying treatment for sinusitis may result in suffering from unnecessary pain and discomfort. In extremely rare circumstances, untreated sinusitis can lead to meningitis or brain abscess and infection of the bone.

## Foods That Hinder and Foods That Help

**Foods That Hinder:** Sugar, caffeine, and nicotine aggravate sinus infection and should be avoided.

**Foods That Help:** Broccoli, Tomatoes, Apple Cider Vinegar, Ginger, Blueberries, What Happens Artichokes, Peppermint Oranges, and Spinach. Drink eight glasses of water and juice daily.

*"Send thine hand from above rid me, and deliver me out of great waters..."*  
Psalm 144:7 God Bless!