

CHRONIC SINUSITIS

One of the Most Prevalent Chronic Diseases in the U.S.

28.5 Million Americans Were Diagnosed with Sinusitis in 2015

A bad cold can often be mistaken for sinusitis (sinus disease). Many symptoms are the same, including headache or facial pain, runny nose and nasal congestion. Unlike a cold, sinus disease symptoms may be caused by bacterial infections.

This resource is designed to help educate patients on what sinusitis is, symptoms and available diagnostic options.

01 | What is Sinusitis?

Sinusitis is an inflammation of the sinuses which is often caused by bacterial infection and at times viruses and molds can also be the cause. Those with weak immune systems are more likely to develop bacterial or fungal sinusitis.

02 | Symptoms

There are vast amounts of Sinusitis symptoms, the most common include:

- Postnasal drip
- Discolored nasal discharge (greenish in color)
- Nasal stuffiness or congestion
- Tenderness of the face (particularly under the eyes or at the bridge of the nose)
- Frontal headaches
- Pain in the teeth
- Coughing
- Fever
- Fatigue
- Bad breath

03 | Diagnosis

In addition to visual inspection to rule out physical conditions, triggers and abnormalities, your medical provider may utilize other methods to screen for chronic sinusitis including:

- **Nasal endoscopy** - A thin, flexible tube (endoscope) with a fiber-optic light is inserted through the nose to allow visual inspection of the inside of the sinuses, this is also known as rhinoscopy.
- **Imaging studies** - Images taken using computerized tomography (CT) or magnetic resonance imaging (MRI) can show details of the sinuses and nasal area. These may identify a deep inflammation or physical obstruction that's difficult to detect using an endoscope.
- **Nasal and sinus cultures** - Cultures are generally unnecessary for diagnosing chronic sinusitis. However, in cases in which the condition fails to respond to treatment or is progressing, tissue cultures may help pinpoint the cause, such as bacteria or fungi.
- **Allergy test** - If there is suspicion that the condition may be brought on by allergies, an allergy skin test may be recommended. A skin test is safe and quick and can help pinpoint the allergen responsible for the nasal flare-ups.

Sinusitis is a treatable disease and there are many treatment options available. Speak with your medical provider to establish a roadmap for care. For additional resources on Sinusitis visit:

<http://www.mayoclinic.org/>

*Did You Know?
Chemical irritation can cause
sinusitis*

References

<http://www.cdc.gov/nchs/fastats/sinuses.htm>

<http://www.mayoclinic.org/diseases-conditions/chronic-sinusitis/basics/definition/con-20022039>