

CHRONIC SINUSITIS

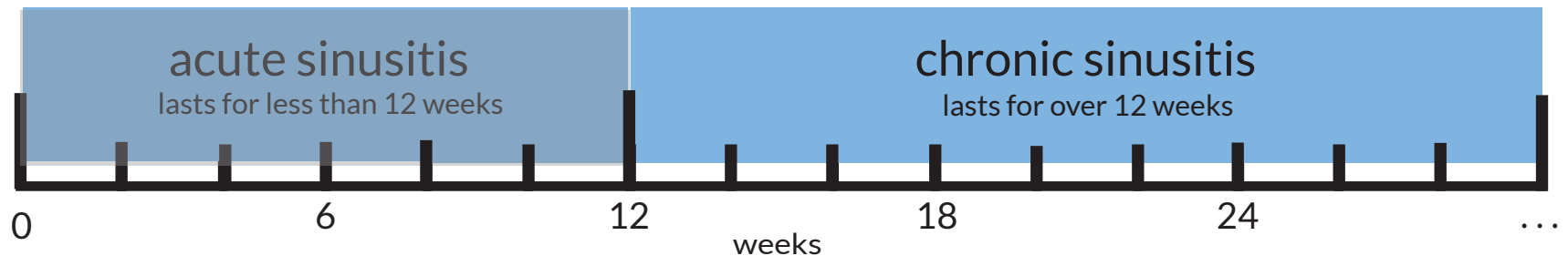
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What is Chronic Sinusitis?

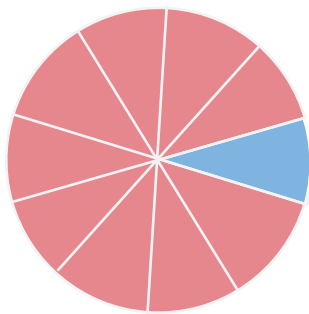
Chronic rhinosinusitis is an inflammation of your sinuses that persists for more than 12 weeks total (even with symptom-free intervals in between). Extra mucus production, irritation of the lining of your sinuses, and blocked drainage from the sinuses may result. While acute rhinosinusitis can usually be treated with time, chronic rhinosinusitis has more complex causes and management is more extensive and long-term.

Classification

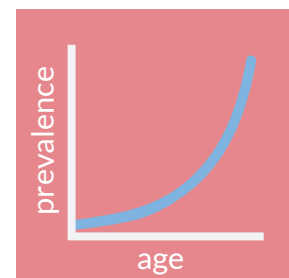


Epidemiology

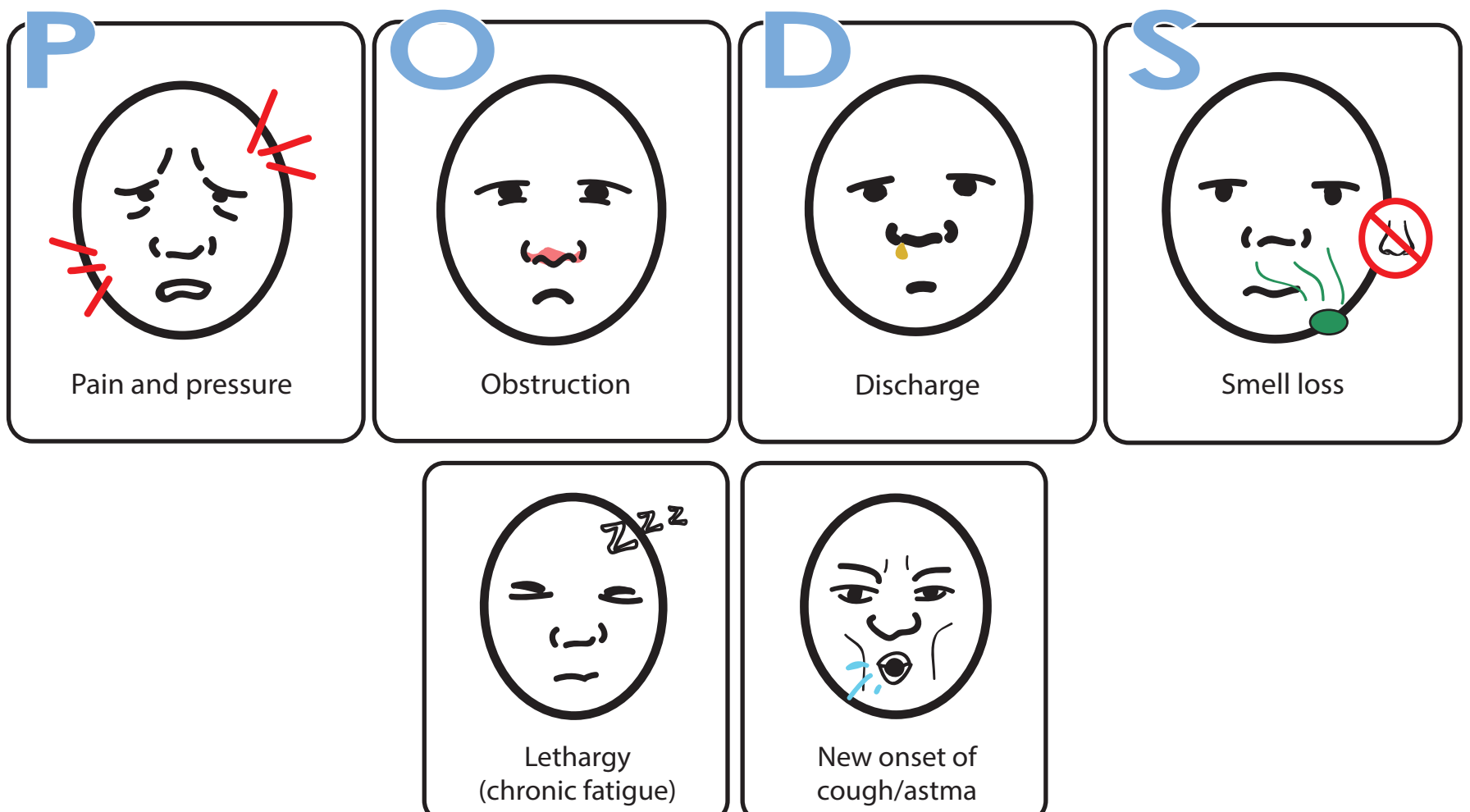
5-16% of the population suffers from Chronic Sinusitis



Chronic Sinusitis is more common in adults than children (prevalence increases with age)



Four Common Signs

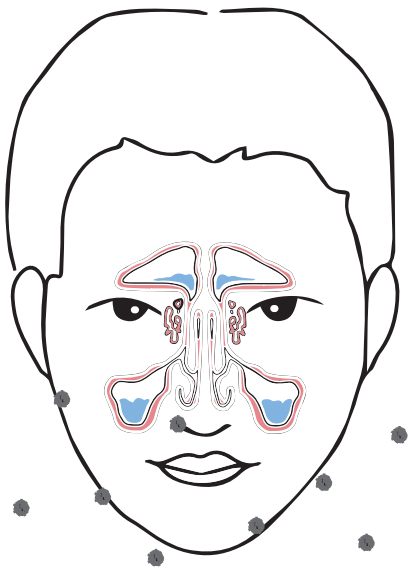


If you have two or more of the above symptoms for at least **3 months**, it is best to seek further assistance by a healthcare professional. Your specialist may do a sinus endoscopy where a small camera is inserted into your nose for better viewing. Further tests like a CT scan (series of x-rays) or mucus sample (culture) may be done as well.

Categories of Chronic Sinusitis

without polyps (75%)

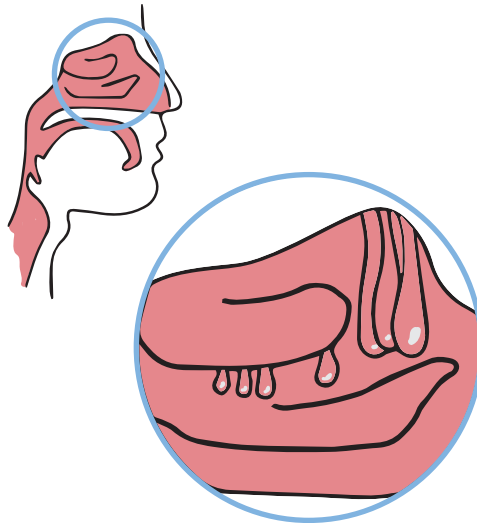
This is the most common type where the inflammation can be caused by a number of factors such as specific allergens like pollen, infections, and irritation from things in the air.



with polyps (25%)

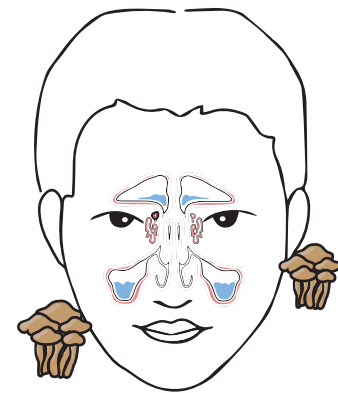
non-fungal (90%)

Nasal polyps are circular growths of tissue that grow in your nose and can sometimes be big enough to clog the sinuses and block air flow. Treatment involves shrinking the polyps with medication or surgically removing them.



fungal (10%)

A strong reaction to fungi which causes the lining to become inflamed. It is normal for air to contain fungal spores (dormant unit of the fungus that has potential to give rise to new fungi), which we typically breathe in without problems. The reaction to fungi can cause the sinus to produce thick, dense mucus that plug up the sinuses.



Risk Factors

physiological (25%)

Allergies

Genetics

Asthma

Aspirin Sensitivity

Less active immune system

Infections near nose (ie. dental)

Exposure to tobacco smoke or airborne irritants

anatomical (75%)

Prior surgery (Revision)

Deviated septum (middle of nose is slanted to one side)

What can you do to prevent this?

Treat the acute infection properly!
See your doctor if you are experiencing symptoms

Lifestyle Modifications

Quit Smoking
Reduce exposure to allergens

Daily Nasal Saline Wash

Washing the nose daily with a saline (salt water) solution

Glucocorticoid Nasal Spray

Glucocorticoids are very effective anti-inflammatory drugs and decrease

Antibiotics

Most patients will require surgery for correction