

SINUSITIS INVESTIGATIONS

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Your physician may ask you to perform a number of medical tests to determine the severity of your condition and decide on treatment strategies for you. The following is an explanation of why and how these tests are performed.

Complete Blood Count (CBC)

Blood tests are crucial to most medical encounters, as it provides information on whether the components in your blood are in normal ranges. Out-of-range values may point to underlying conditions that are causing your symptoms.

Blood tests can reveal:

Current activity of your immune system

Whether your immune system has been compromised, which would make you prone to a host of infectious agents.

Specific markers indicating whether you have been infected by specific infectious agents



What type of medical options are fit for you

Whether you are prone to over-reactivity of your immune system, which is a common cause of rhinitis symptoms and asthma.

You can get a blood test done at any Lab and can check your results online when they are available.

For further instructions, visit: <http://www.myehealth.ca/>

Allergy Tests

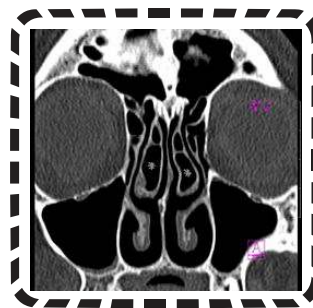
Allergy tests are used to determine which specific agents cause your allergies.



These are done under the guidance of an allergy specialist, who may test your skin with a series of scratches, small injections, or a patch.

Some allergies can be tested in your blood, which are not as sensitive as skin tests but are used for people who cannot tolerate skin tests.

Imaging



Computed Tomography (CT)

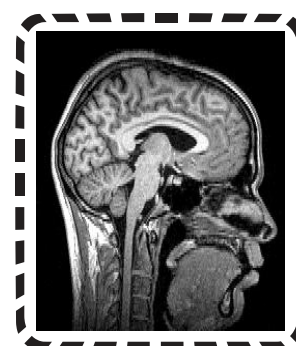
CT is a series of x-rays that produce images of the inside of your body (internal organs, bones, blood vessels, and soft tissue). Usually takes 10 minutes.

These images are used to view bone/air interface and are crucial for diagnosis.

CT scans are necessary for the surgeon to plan their surgical techniques depending on where your diseased tissue is and how your anatomy looks.

Magnetic Resonance Imaging (MRI)

MRI is a type of imaging without the use of x-rays or harmful radiation. Takes much longer than CT scans (30-60 minutes). MRI is better for viewing soft tissue



Endoscopy

During an endoscopy, a slender, scope is inserted through your nose to examine the inside of your nasal cavity and sinuses.

This may be uncomfortable but will usually not hurt!

This is used to identify source of blockage (ie. polyps, tumors, abnormal bone growth) and examine the health of the lining your sinuses. Endoscopy may also reveal characteristic changes associated with certain diseases. Routinely used for check-ups after surgery and to judge the effectiveness of medical therapy.

Cultures

Swabs of mucus from the nasal cavity/sinuses collect communities of invading agents (bacteria, fungi, viruses). These cultures are then grown in the lab.

Cultures help:

Confirm diagnosis of the agent causing infection

Determine the most effective medication

