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# Chronic Sinusitis

## What is Chronic Sinusitis?

Chronic sinusitis, also known as chronic rhinosinusitis, is a long-term inflammation or swelling of the tissues lining the sinuses. The sinuses are air-filled cavities located within the bones around the nose. When they become blocked and filled with fluid, germs can grow and cause an infection.

## Symptoms of Chronic Sinusitis

- Nasal congestion or difficulty breathing through the nose
- Thick, yellow or greenish nasal discharge
- Reduced sense of smell and taste
- Pain, tenderness, swelling, and pressure around the eyes, cheeks, nose, or forehead
- Cough, which may be worse at night
- Fatigue or irritability

## Subtypes of Chronic Sinusitis

1. **Chronic Sinusitis without Nasal Polyps:** This is the most common type. It doesn't have the growths called polyps, but there is inflammation and sinus blockage.
2. **Chronic Sinusitis with Nasal Polyps:** In this type, soft, painless, noncancerous growths on the lining of your nasal passages or sinuses are present. They can block the nasal passages or lead to breathing problems, a lost sense of smell, and frequent infections.
3. **Allergic Fungal Sinusitis:** This is an allergic reaction to environmental fungi that is non-invasive. The sinuses become filled with thick mucus.

## Treatments for Chronic Sinusitis

### 1. Medications:

- Saline Nasal Irrigation: This treatment uses water and salt solution to help clear blocked nasal passages.
- Nasal Corticosteroids: These are nasal sprays that help prevent and treat inflammation.
- Oral Corticosteroids: These are used for severe cases or if the patient has nasal polyps
- Antibiotics: These are occasionally used for bacterial infections.
- Immunotherapy: If allergies are contributing to sinusitis, allergy shots might help reduce the body's reaction to specific allergens.
- Biologics: A new class of drugs that target specific parts of the immune system They are designed to target and reduce the inflammation that contributes sinus inflammation

2. **Surgery:** If drug treatments don't work, **endoscopic sinus surgery** might be an option. The surgeon inserts an endoscope, a thin flexible tube with a light, into the nose and removes polyps or other obstructions that prevent the flow of fluids from the sinuses.

### 3. Lifestyle Modifications

- Stay Hydrated: Drinking plenty of water helps to thin mucus, making it easier to drain.
- Avoid Smoking and Secondhand Smoke: Smoke can irritate the nasal passages and exacerbate sinusitis symptoms.
- Limit Exposure to Irritants: Avoid strong odors, chemicals, and pollutants, which can irritate the sinuses.
- Dietary Considerations: Some people find that certain foods or beverages, like alcohol or dairy, can exacerbate their symptoms. It might be helpful to keep a food diary to identify any potential triggers.
- Practice Good Hand Hygiene: Regular hand washing can reduce the risk of catching or spreading infections that might exacerbate sinusitis.
- Regular Exercise: Physical activity can increase blood circulation and help improve overall well-being, potentially reducing sinusitis symptoms.