



## Sinus Disorders: Signs and Symptoms

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### Introduction

Sinusitis is one of the most prevalent chronic (ongoing) diseases in the United States, affecting 50 million people, or 20% of the population. Nasal obstruction (difficulty breathing through the nose), nasal discharge, reduced sense of smell, facial discomfort, and recurrent sinus infections are all signs of sinusitis, which is a chronic (ongoing) illness. Chronic sinusitis is linked to allergies and related respiratory conditions such as asthma. Patients can struggle to determine whether they are suffering from allergies, an upper respiratory infection, or a sinus disease. Each disease has its own set of symptoms and signs, and each diagnosis necessitates a different treatment plan. The staff at the Oregon Sinus Center will assist patients in making an informed decision on the best treatment plan for all of these conditions.

A variety of medical therapies can be begun until the right diagnosis has been made. Anti-inflammatory nasal sprays, decongestants, oral inflammatory inhibitors, and systemic steroid drugs are examples of these medications. It is important for both the practitioner and the patient to understand that drugs are often needed on a long-term basis. In some cases, surgery with a telescope (endoscope) inserted through the nostril is necessary. Endoscopic Sinus Surgery, as the name implies, is a minimally invasive procedure that does not involve any external incisions. Our goal is for patients to not need any further operation on their nose or sinuses after surgery. Sinusitis does, however, recur in some cases.

Patients with sinusitis who have failed conventional surgery and need innovative procedures to manage the underlying inflammation are of special concern to our surgeons. The Oregon Sinus Center is dedicated to conducting ongoing studies into

improved sinusitis treatments. Chronic sinusitis occurs when the spaces between the nose and head (sinuses) become swollen and inflamed for three months or longer without treatment. This common condition causes the nose to become stuffy by interfering with the natural drainage of mucus.

It may be difficult to breathe through your nose, and the area around your eyes may be swollen or tender. An inflammation, growths in the sinuses (nasal polyps), or swelling of the sinus lining may all cause chronic sinusitis. The disease, also known as chronic rhinosinusitis, can affect both adults and children.

The following are some of the most common signs and symptoms of chronic sinusitis:

- Inflammation of the nose
- Nasal discharge that is thick and discoloured
- The back of the throat is drained (postnasal drainage)
- Nasal inflammation or obstruction makes it impossible to breathe through your nose.
- Around your eyes, lips, nose, or forehead, you can experience pain, tenderness, and swelling.
- Reduced olfactory and gustatory senses

Some signs and symptoms to look out for include:

- Ear ache
- Your upper jaw and teeth are aching.
- Coughing or clearing the throat
- Throat irritation
- Breath problems
- Tiredness

Acute sinusitis is a transient inflammation of the sinuses that is often associated with a cold. Chronic sinusitis has similar signs and symptoms. Chronic sinusitis symptoms last at least 12 weeks, but you can experience several episodes of acute sinusitis before developing chronic sinusitis. Fever isn't a typical symptom of chronic sinusitis, but you might have one if you have acute sinusitis.

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