

Rhinosinusitis

Rhinosinusitis can either be acute or chronic. An acute case is often caused by infections, while chronic forms are more complicated and elusive. Even though an infection can worsen or contribute to chronic forms of the condition, those with the chronic form often have long-standing inflammation that simply cannot be explained by just the infection.

Rhinosinusitis Anatomy

The sinuses are hollow air pockets within the bones of the head and face that exist to cushion the brain in the event of a trauma. The sinuses are lined with a small layer of tissue that normally makes a minimal amount of mucus to help keep the sinuses healthy and lubricated to flush any germs away.

Rhinosinusitis occurs whenever the lining of the sinuses becomes infected or irritated. They end up becoming swollen and extra mucus is created. When the lining is swollen, it can interfere with normal mucus drainage. Rhinosinusitis is a temporary infection of the sinuses that commonly occurs after a cold.

Sinus pain can be very painful, and cause facial pain and headaches. It can also feel like a pressure or swelling in the face, around the nose, eyebrows, forehead, or cheeks. Sinus pain can also be caused by changes in air pressure, or during diving.

How to Treat Rhinosinusitis:

1. Modification of Lifestyle

For those who are suffering with the condition, refraining from smoking cigarettes will help. If you have allergies as one of the factors contributing to your condition, you might be able to change things at work or home that can reduce your exposure to certain allergens that are triggering the reaction.

2. Wash the Nasal Cavity Daily

Most individuals who have the chronic form of this condition will find that washing their nasal passages every day with a saline solution can help to reduce some of the symptoms you are feeling. Wash the nose before applying any medication to help clear out the mucus and reduce its ability to interfere with other medications.

3. Nasal Sprays, Washes and Drops

Since all forms of the condition involve a degree of inflammation, most individuals will need some type of medication to help reduce the inflammation. Steroids are great for relieving inflammation. They can help to decrease mucus production and shrink any polyps that might have formed. Using these steroids in a nasal spray or drop helps to get the medicine right where it needs to be. It also makes sure that you aren't treating the rest of your body when you don't need to.

4. Antibiotics

Even though chronic forms of the condition are often caused more by inflammation than that of an infection, sinus infections can form and cause the symptoms to worsen. It's not unusual to need a longer course of antibiotics that lasts for several weeks to help fully treat the infection in those suffering with chronic rhinosinusitis.

5. Manual Therapy

A therapist with experience in treating the sinuses may do sinus massage. They may also look at the mechanics of the neck or jaw in case this is contributing to a problem. Therapists can also prescribe breathing or sinus exercises.



Tips:

- Allergies tend to be far more common amongst those who have the chronic form of this condition than they are in the general population.
- Refrain from being exposed to cigarette smoke and other toxins in the environment as much as possible.
- Those who have a weak immune system tend to be at an increased risk of developing this condition.
- Some individuals tend to develop the chronic form of the condition after going through multiple viral infections.
- A deviated septum can cause one of the nostrils to be blocked, but it normally doesn't cause chronic rhinosinusitis.