

Diagnosis and Treatment of a Sinus Problem

Sinus problem, infection or **sinusitis** is an inflammation of the sinuses and nasal passages. A **sinus infection** may cause a **headache** or strain in the eyes, nose, cheek area, or on one side of the head. A person with a **sinus problem** may also have a coughing, a temperature, bad breath, and **nasal congestion** with thick nasal secretions. Sinusitis is grouped as acute or chronic.



“ Consult a doctor when experiencing pain or strain in the top of face accompanied by nasal blockage or even discharge, postnasal drip, or continuing bad breath not related to dental problems. Fever can be a symptom of a sinus problem or a chilly. Simple blockage with a low-grade fever probably suggests a cold and may even not call for medicines or antibiotics. Those also experiencing facial pain or headaches might have a sinus infection. A health care provider usually may treat basic sinusitis. If still left undiscovered and untreated, complications of sinusitis may appear that can result in severe medical problems and possibly death.

Diagnosis of a Nose Problem

The diagnosis of a nose issue is usually made based on a medical history diagnosis and also a physical examination. Adequately distinguishing sinusitis from a simple upper respiratory infection or a common cold is important. Sinusitis is often caused by bacteria and requires antibiotics for treatment. A sinus problem can also be caused by viruses, meaning antibiotics would not help. Upper respiratory infections and common colds tend to be viral illnesses. Proper diagnosis of these potentially similar conditions helps prevent confusion as to which medications ought to be given. More than dealing with viral infections with antibiotics can be dangerous.



Sinusitis Sinus Problem Chronic Sinusitis Sinus Infection Nasal

Treatment of the Nose Problem

The main goals in treating a sinus problem or an infection involves lowering the swelling or inflammation in the nasal passages and also sinuses, getting rid of the infection, promoting waterflow and drainage from the sinuses, tweaking open up sinuses. Home care can help open up the sinuses and alleviate their dry skin. If environment allergies cause the sinusitis, an antihistamine may help reduce swelling of the mucous membranes. Decongestants reduce airway obstruction and are very important in the first treatment to alleviate symptoms.

- To take care of acute sinusitis, one or more over the counter or prescription treatments may be all that is necessary.
- In most cases, a sinus issue is brought on by infection.
- The chief goal of remedy in this case is actually clearing off out bacteria from your sinus cavities with antibiotics.
- This helps to prevent issues, reduce symptoms, and reduce the risk of **chronic sinusitis**.
- For those with recurrent bouts of severe sinusitis or chronic sinusitis, the addition of an intranasal steroid may reduce the signs of a sinus issue.
- People whose symptoms do not go away regardless of the use of antibiotics should follow up with their doctors or ear, nose, and throat specialist.
- Some individuals encounter persistent sinusitis in spite of enough therapy with antibiotics as well as drugs for relief of signs.



“ **Damion Mcdaniel**

Damion is a leading content curator at palyamotorozas.com, a site about health tips. Last year, Damion worked as a manager for a well-known high tech web site. When he's not reading new content, Damion enjoys singing and shopping.

Disclaimer: Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.