

## Why Should Sinus Infections Be Taken Seriously?

**S**inus infections are one of the most common of the respiratory disorders. In the United States alone, it is estimated that over 37 million Americans suffer from sinus infections every year. Usually after a bout of common cold, acute sinusitis is usually short-term and reacts very well with medication. Chronic sinusitis, on the other hand, is a repeated problem and more complicated to take care of. While confronting nose infections, many people decide to ignore the signs hoping that they would eventually disappear. Others prefer to self-medicate, waiting for the problem in order to worsen before seeking professional help. This may be acceptable when dealing with serious sinusitis, but will not work against chronic sinusitis. Also, it is important to know that there are dangers associated with not taking sinus infections seriously.



### Dangers of Sinus Infections

Sinus infections can bring lots of pain and discomfort for an individual because of the signs that come with it. The most common symptoms are nasal congestion and release as a result of extra mucus. This also leads to breathing difficulties and reduced sense of smell and taste. Soreness is also in order to be expected especially around the sinus areas like the nose, eyes, cheeks and also forehead. Others also experience a sore throat, bad breath, coughing, toothaches, nausea as well as a fever.

- Aside from the pain and discomfort, without treatment or undiagnosed sinus infections also can lead to more serious issues.
- One of which is a condition called osteomyelitis, or infection of the frontal bone.
- This is likely when chlamydia advances to the frontal bone.
- An additional achievable complication is blindness, as a result of sinus infection spreading to the eye sockets.
- Coma or passing away is also a possibility, though rarely occurs, when the infection spreads to the brain.



Sinusitis Chronic Sinusitis Sinus Infection Nasal Congestion

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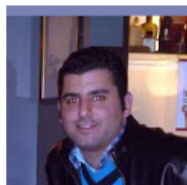
*Home Care Treatments for Nasal Congestion* Common sense makes people believe that sinus congestion is caused primarily by the poor circulation of mucus in the nose and the sinuses. This is partly true - mucus is allowing the stuffed feeling. However, it is just the result of the damaged...

### Dealing With Sinus Infections

You have a strong immune system, you might be able to fight off the infection easily even with self-medication or home remedies. However, if there is no improvement after a couple of days and you suspect nose infections, you will need to see your doctor right away. Sinus infections are treatable. You just need to work closely with your doctor to identify the cause of contamination and right treatment.

### To Reduce the Risk of Getting Nose Infections, Work on Strengthening the Immune System

This can be easily done by switching to a healthier lifestyle. Eat the right kinds of foods such as fruits and vegetables, especially those high in antioxidants, vitamins and minerals. Stay away from foods high in sugar as these can lower the immune system. Drink lots of water and juices, while avoiding coffee and alcoholic beverages. Herbal as well as food supplements are recommended as they provide additional help in order to the body. Lastly, exercising daily is highly advised to keep the body strong and healthy.



“ **Damion McDaniel**

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