



Sinusitis

**IF YOU DON'T SMELL GOOD,
THEN YOU DON'T LOOK GOOD.**

Editorial

Sinusitis affects millions of people each year, making it a common health problem in India and around the world. An estimated 134 Million Indians suffer from chronic sinusitis. The National Institute of Allergy and Infectious diseases (NIAID) estimate does not even take in to account those who suffer from acute sinusitis.

Sinusitis can be acute where symptoms are for less than 4 weeks, sub acute when symptoms last for more than 4 weeks but less than 12 weeks and it is called chronic when symptoms last for more than 12 weeks.

Medical management of CRS consists of antibiotics, anti-histamines, oral and nasal sprays, decongestants (short term). Around 80% of the patients respond well to maximal medical therapy.

When patients are refractory to medical management, Functional endoscopic sinus

surgery (FESS) is used to relieve patient symptoms and improve their quality of life. The goals of FESS are to clear blocked sinuses, restore normal sinus drainage and function, preserve as much normal anatomy and mucosal tissue.

Recently, a safe and effective minimally invasive procedure, known as Balloon Sinuplasty (BSP), has been developed which might help in some patients of chronic sinusitis who are seeking relief from uncomfortable and painful sinusitis symptoms.

Another recent advance in sinus surgery is Image guidance technology. This greatly improves the safety and effectiveness of FESS by allowing surgeons to remove more diseased tissue by viewing 3- dimensional images of the sinuses during surgery.

Dr. Neeraj Kasliwal

WHY NOSE AND SINUSES BEING SUCH A SMALL PART OF YOUR BODY SO IMPORTANT ?

You don't think about your sinuses until there is a problem, one day you realize you can't smell dishes cooking or you find that you often have problems breathing through your nose. People rarely die from sinus disorders, but they are often affected both physiologically and psychologically by their symptoms. When your sinuses act up, you can feel down. Those seemingly harmless, hollow chambers in your head can cause lots of pain and pressure, and can make it difficult for you to breathe freely.

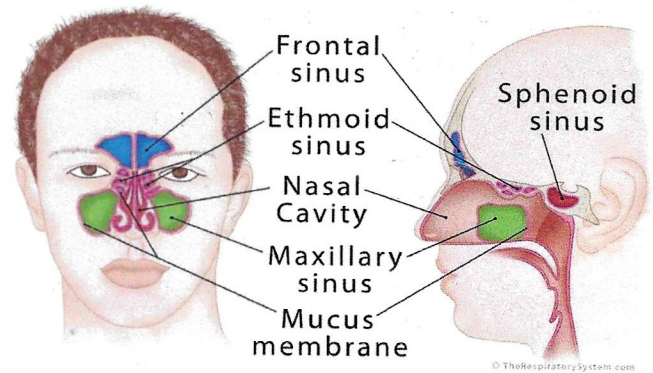
What is extremely frustrating about sinus infections is that many times you may think your symptoms are just from a cold or allergies. Then you experience the common sinus pain of a sinus infection and you know it's not just a cold. Congestion and stuffy nose are other symptoms that often accompany a sinus infection, which sometimes make your voice sound unusual.

What are Sinuses ?

The sinuses are air filled spaces in the skull (behind the forehead, nasal bones, cheeks and eyes) that are lined with mucus membranes. Healthy sinuses contain no bacteria or other germs.

Location of Sinuses

- The maxillary sinuses (the largest), in the cheekbones.
- The frontal sinuses, in the low center of the forehead.
- The ethmoid sinuses, between the eyes, at the nasal bridge.
- The sphenoid sinuses, in bones behind the nasal cavity.

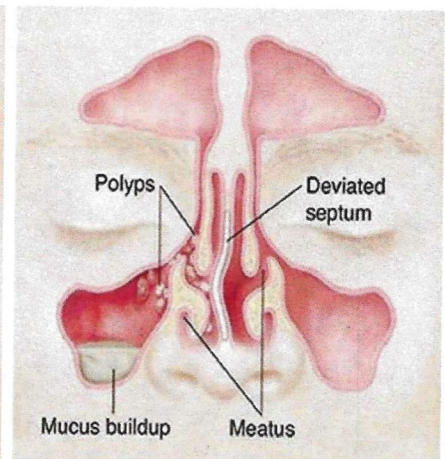
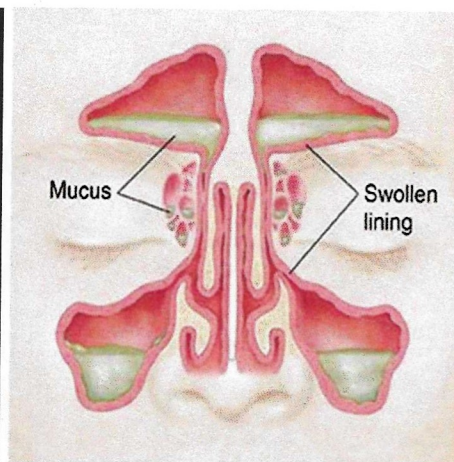
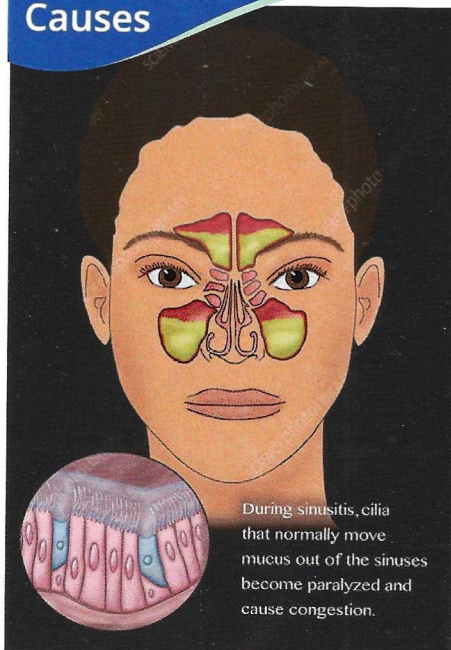


PARANASAL SINUSES

What is Sinusitis?

Sinusitis refers to inflammation of the sinuses that occurs with a viral, bacterial or fungal infection.

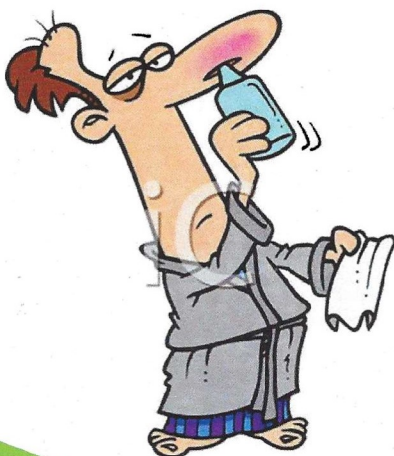
Causes



A deviated nasal septum, nasal bone spurs or nasal, polyps may block the opening of the sinuses.

Symptoms to look out for

Small hair (cilia) in the sinuses, which help move mucus out; do not work properly due to some medical conditions.



green or yellow mucus



pressure or pain in face



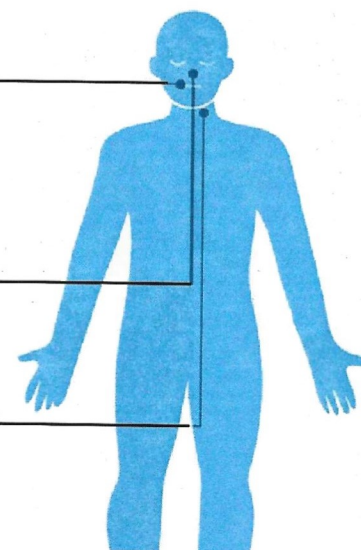
toothache



nasal congestion



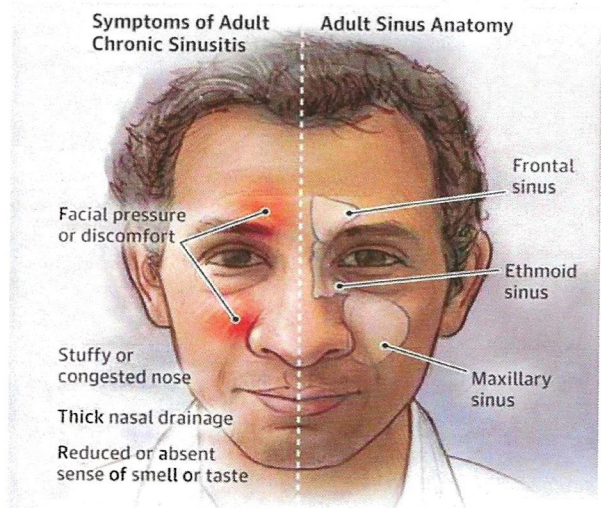
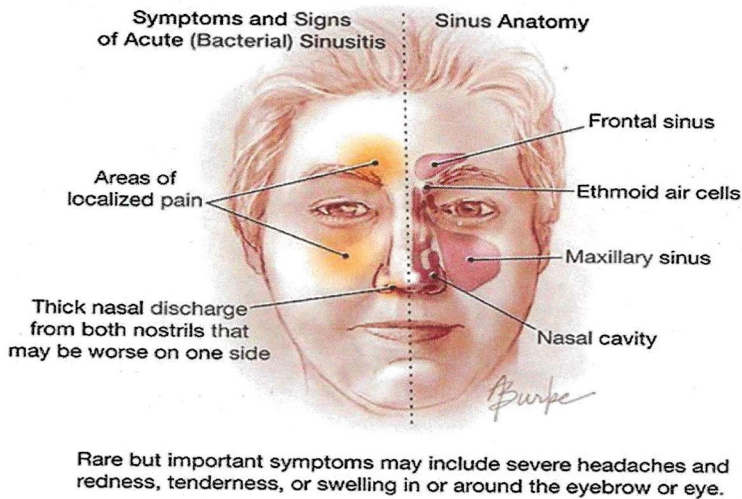
sore throat



Types of Sinusitis

- Acute- symptoms last up to 4 weeks.
- Sub-acute symptoms last 4-12 weeks.
- Chronic symptoms last 3 months or longer.

When Sinuses Attack!



When Acute becomes Chronic Sinusitis

Irreversible changes can occur with chronic sinusitis that may require surgery to repair.

Management of Sinusitis

Medical Therapy

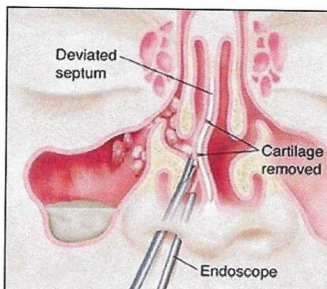
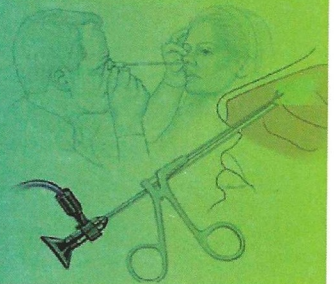
- Appropriate antibiotic.
- Nasal decongestants.
- Antihistamines
- Saline nasal sprays or drops.
- Anti inflammatory sprays.
- Drink extra fluids.

Surgical Therapy

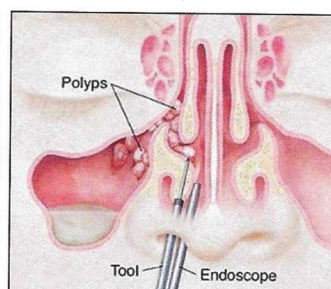
- Surgery helps the sinuses drain, preventing infections.
- Improve your sense of smell.

Functional Endoscopic Sinus Surgery

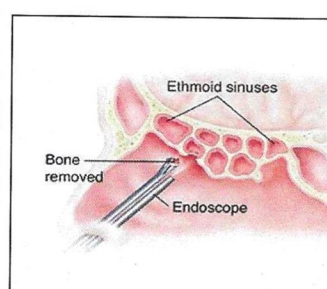
- Replaced old practice of obliterating sinuses and removing mucosa. Concept of irreversibly diseased mucosa refuted.
- Functional aspect refers to:
 - Preserving normal structures
 - Removing only obstruction
 - Preserving mucosa
 - Attempt to restore function



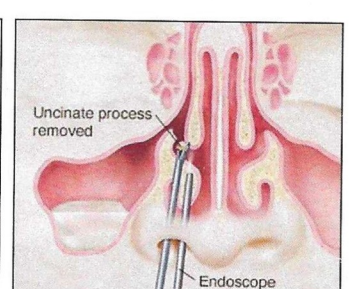
Straightening the Septum



Removing Polyps



Opening the ethmoid sinuses



Clearing the outflow pathway

Endoscopic surgery improves symptoms for about 90 out of 100 people. Surgery has the best chance of working if you use a steroid nasal spray and do home treatment after surgery to prevent future infections.

What can you do for sinusitis other than surgery?

- Drink plenty of fluids.
- Breathe warm, moist air.
- Use saltwater nasal drops or washes .
- If you need to blow your nose, do it gently.

Recent Advance in Sinus Surgery :-

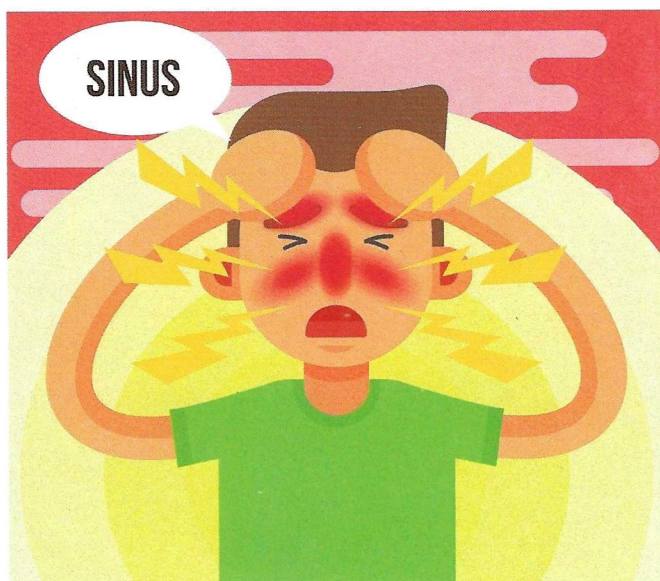
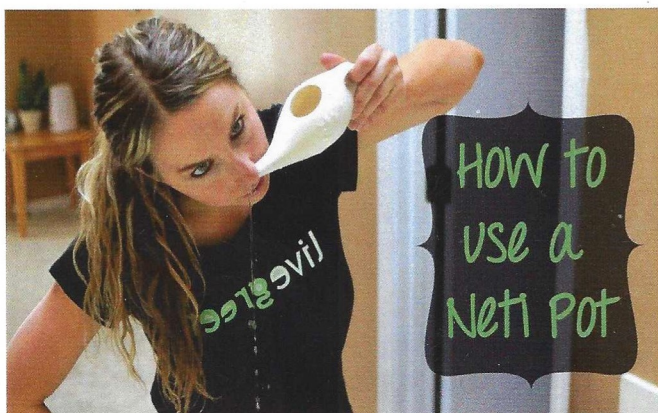
Balloon Sinuplasty is a type of endoscopic nasal surgery. It uses small balloon catheters that inflate to drain the large nasal sinuses.

The procedure was adapted from angioplasty, where balloon catheters are used to dilate damaged or congested blood vessels near the heart. The procedure is minimally invasive, involves no cutting or loss of nasal tissues or bone, and has a short recovery time.

As a result, Balloon Sinuplasty is quickly becoming the surgery of choice for chronic sinusitis that does not respond to other medical therapies, such as nasal decongestant medications and rinses, antibiotics, nasal and oral corticosteroids.

Navigation: Image Guidance Surgery (IGS).

- In certain circumstances, a special image-guidance protocol technique is used, during endoscopic sinus surgery. The CT scan images are digitally linked to a computerized image-guidance system displayed on the monitor and also coupled to the surgical instruments using telemetry.
- This gives the surgeon the ability to real-time navigate the surgical instruments to and in the diseased sinuses, correlating their position therein and around vital structures while watching the monitor.



Instructions for Using Intra Nasal Steroid Sprays



Correct Position



Wrong Position

1. Blow nose gently to clear nostrils.
2. Remove cap and shake spray bottle.
3. Press against the outside of one nostril with your finger to close off that nostril.
4. Insert spray nozzle into the other nostril, and aim the nozzle toward the back of the nose and away from the nasal septum.
5. Spray into the nostril while sniffing gently. depending on the dosing, another spray may be administered into the same nostril.
6. Repeat steps 3 through 5 for the other nostril.
7. After use, wipe the nozzle with a tissue and replace cap.

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