



Understanding Sinusitis

What is sinusitis?

Sinusitis is an inflammation of the lining of the paranasal sinuses. In a healthy individual, the sinuses are filled with mucus. When the sinuses become inflamed, the mucus becomes thick and yellow or green. This is the body's response to infection. The inflammation can be caused by a viral infection, such as the common cold, or by a bacterial infection. The inflammation can also be caused by a fungal infection, such as allergic sinusitis.

Sinus pain

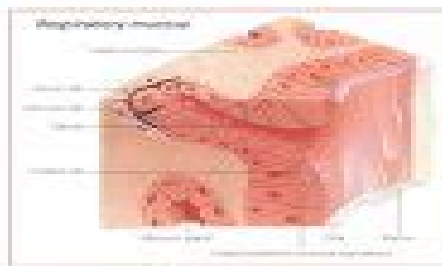
Sinus pain is a common symptom of sinusitis. It is caused by the inflammation of the sinuses, which leads to swelling and pressure. The pain is usually felt in the forehead, cheeks, and around the eyes. It can also be felt in the back of the head and neck.

Sinusitis vs. Rhinitis

Rhinitis is inflammation of the lining of the nasal cavity. It is caused by a viral infection, such as the common cold, or by a bacterial infection. The inflammation can also be caused by a fungal infection, such as allergic rhinitis. Rhinitis is characterized by a runny nose, sneezing, and itching of the nose. Sinusitis is characterized by sinus pain, nasal congestion, and a thick, yellow or green nasal discharge.



Paranasal sinuses



Respiratory mucosa

Symptoms of sinusitis

Sinusitis is characterized by a thick, yellow or green nasal discharge, sinus pain, nasal congestion, and a loss of smell. Other symptoms may include a headache, fatigue, and a fever. The symptoms of sinusitis are usually worse in the morning and may improve throughout the day.

Acute sinusitis is a short-term condition that lasts for less than 10 days. It is usually caused by a viral infection, such as the common cold. **Chronic sinusitis** is a long-term condition that lasts for more than 10 days. It is usually caused by a bacterial infection. **Subacute sinusitis** is a condition that lasts for more than 10 days but less than 12 weeks. It is usually caused by a viral infection.

Related sinus disease

Septal deviation is a condition in which the nasal septum is bent or curved. This can lead to sinusitis and other respiratory problems. **Nasal polyps** are small, fleshy growths that can develop in the nasal cavity. They can also lead to sinusitis and other respiratory problems.



What is a deviated septum?

A deviated septum is a condition in which the nasal septum is bent or curved. This can lead to sinusitis and other respiratory problems. The deviation can be caused by a congenital defect or by an injury to the nose. A deviated septum can also be caused by a growth of the cartilage in the nose.

Deviated septum

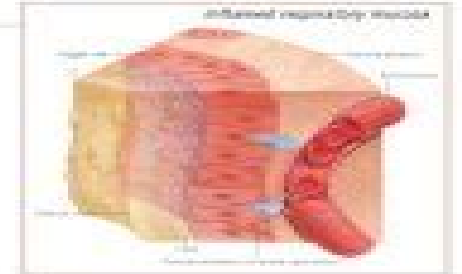


What are nasal polyps?

Nasal polyps are small, fleshy growths that can develop in the nasal cavity. They can lead to sinusitis and other respiratory problems. The polyps are usually caused by a chronic inflammation of the nasal lining.

What is allergic fungal sinusitis?

Allergic fungal sinusitis is a condition in which the sinuses become inflamed due to an allergic reaction to a fungus. The fungus is usually a mold that is found in the environment. The inflammation can lead to sinus pain, nasal congestion, and a thick, yellow or green nasal discharge.



Inflammation and sinusitis

Inflammation is a response to injury or infection. It is characterized by redness, swelling, and pain. In the case of sinusitis, the inflammation is in the lining of the sinuses. This leads to swelling and pressure, which causes sinus pain. The inflammation also leads to a thick, yellow or green nasal discharge.

Diagnosing and treating sinusitis

Diagnosis

Sinusitis is diagnosed based on the symptoms and a physical examination of the nose. A doctor may also order a CT scan of the sinuses to see if there is inflammation. A nasal endoscopy may also be performed to look at the inside of the nose. Treatment for sinusitis depends on the cause. For viral sinusitis, rest and fluids are usually enough. For bacterial sinusitis, antibiotics may be prescribed. For allergic sinusitis, allergy medicine may be prescribed.

Treatment

Sinusitis is treated with a combination of rest, fluids, and over-the-counter pain relievers. For bacterial sinusitis, antibiotics are prescribed. For allergic sinusitis, allergy medicine is prescribed. For chronic sinusitis, surgery may be necessary to remove the polyps or to correct the deviated septum. The goal of treatment is to reduce the inflammation and to clear the sinuses of mucus.

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