

Title: Nasal saline irrigation as a supplemental treatment for chronic sinusitis

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Abstract: Chronic sinusitis is a common disease with a large impact on quality of life and sometimes few long-term treatment solutions. Nasal saline wash is a safe and effective adjunct to traditional medical treatment of sino-nasal disease. There are few side effects and patients report improved symptoms.

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## WANT MORE INFO?

For more information contact your doctor or check out these online resources:

Mayo Clinic Online

[www.mayocliniconline.com](http://www.mayocliniconline.com)

Mayo Clinic Instructional Video:

<http://www.mayoclinic.com/health/nasal-lavage/MM00552>

Web MD

[www.webmd.com](http://www.webmd.com)



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## NASAL SALINE IRRIGATION

ADDITIONAL THERAPY  
FOR CHRONIC SINUSITIS

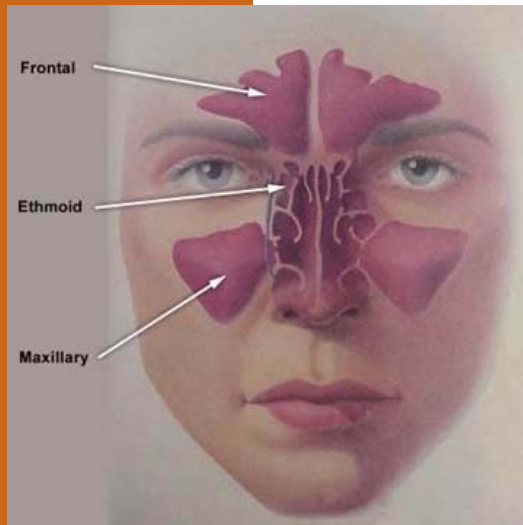
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## WHAT IS SINUSITIS?

Sinusitis is a condition that occurs when the hollow spaces around the nose, called sinus cavities, become irritated and swollen. This blocks normal mucous drainage and makes an infection of this area more likely. Many things can cause sinusitis including a prior infection, allergies, or growths in these cavities. Symptoms include facial pain, nasal fullness, sinus drainage, and headache. The condition is called 'chronic' when symptoms last for 8 weeks or more.

### SINUS CAVITIES



© [wwwhttp://scienceblogs.com/retrospectacle/2007/03/aaaachoooo\\_anatomy\\_of\\_a\\_sinus.php](http://scienceblogs.com/retrospectacle/2007/03/aaaachoooo_anatomy_of_a_sinus.php)

## WHAT IS NASAL SALINE IRRIGATION?

This is a technique that uses warm salt water to wash out the nose and sinuses. The water is either poured into the nose or squirted in with a small bottle. This rinse helps clear the mucous that is stuck in the sinuses, which relieves the symptoms of infection. It is also thought to help lower the inflammation of the sinus passages.

### WHY TRY IT?

Sinus irrigation has been proven to be an effective supplemental treatment for the symptoms of chronic sinusitis. Usually your doctor will recommend it along with other treatments including nasal steroids or antibiotics. There are no health risks connected with its use, but some people do report a small amount of nasal irritation or burning after use.

## SALINE IRRIGATION KITS



### HOW CAN I DO IT?

Sinus rinse kits are available over the counter at most pharmacies and are relatively low cost. They are usually located in the sinus/allergy treatment aisle and include salt packets and a squeeze bottle or neti pot. Follow the directions on the package for preparation and use.

### QUESTIONS? CONTACT:

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