

Title: Chronic sinusitis & allergies

Author: Nicholas Kim

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Abstract: Computed tomography (CT) scanning has been the standard test for diagnosing chronic sinusitis in adults. However, there is recent evidence to show that allergy testing is a better test for diagnosis and a more appropriate test for planning future treatment.

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## What can I do for my allergies now?

Over-the-counter oral antihistamines and over-the-counter decongestant nasal sprays may help with temporary relief of allergy symptoms that lead to chronic sinusitis.

Talk to your doctor or pharmacist before starting these medications to avoid any side effect.



NICHOLAS KIM  
Medical Student  
University of Minnesota Medical School

## CHRONIC SINUSITIS & ALLERGIES



# WHAT CAUSES CHRONIC SINUSITIS?

Allergies such as hay fever are the leading cause of chronic sinusitis in adults.

Inflammation that occurs with allergies may block your sinuses.

If your doctor suspects that your chronic sinusitis is brought on by allergies, an allergy skin test may be recommended.



## What is chronic sinusitis?

Chronic sinusitis is persistent inflammation and swelling of the cavities surrounding the nasal passageways. This may interfere with drainage and cause mucus to build up.

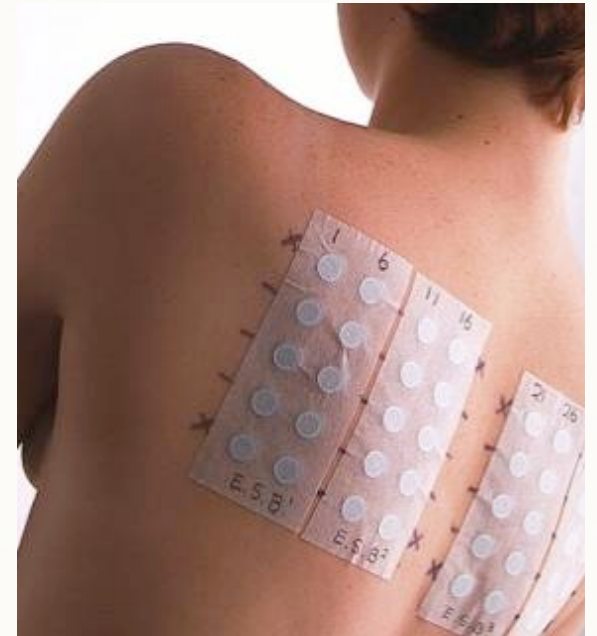
If you have chronic sinusitis, you may experience persistent:

- Difficulty breathing through your nose
- Swelling around the eyes and cheeks
- Throbbing facial pain or headache

Unlike with acute sinusitis, fever is not a common symptom of chronic sinusitis.

## Allergy testing

An allergy skin test is a safe and quick way to pinpoint the allergen that is responsible for your nasal flare-ups.



## Immunotherapy

Allergy shots may help treat your chronic sinusitis by reducing the body's reaction to specific allergens.

