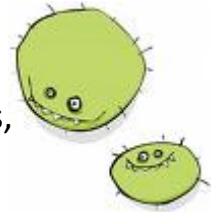
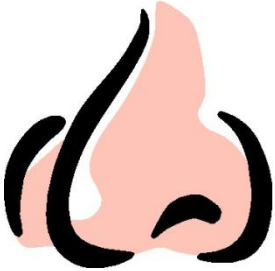


Sinusitis (Sinus Infection)

What is it?

- **Sinusitis**- the sinus and nasal passages become inflamed,
 - **Acute Bacterial Sinusitis**- can last up to 4 weeks
 - **Sub acute Bacterial Sinusitis**- 4 to 12 weeks, occurs < 4 times per year
 - **Acute Viral Sinusitis**- caused by a virus, last < 4 weeks, occurs less than 3 times per year, usually after an upper respiratory infection
 - **Chronic Sinusitis**- last more than 4 weeks, occurs > 4 times per year, can be caused by nasal polyps or tumors, allergies or respiratory tract infections (bacterial, fungal, or viral), among other reasons
- **Causes of a Sinus Infection**- virus, rarely caused by bacteria, a weak immune system, structural problems within the nasal cavity, allergies, pollutants, fungal infections, irritants in the air (smoke)



Signs and Symptoms:

- Postnasal drip, nasal discharge, nasal congestion, headache, bad breath, fatigue, fever, sore throat, cough
- **Severe**- temperature high than 100.4°F, multiple episodes, symptoms that last more than 10 days or not relieved by over the counter medications

Recommendations:

- **How can I feel better?**- Rest, relax, try to drink plenty of fluids, eat healthy
- **Prevention**- keep up to date on all immunizations, wash hand often or practice good hand washing techniques, avoid close contact with people who have upper respiratory infections or colds, avoid smoking and second hand smoke, use a clean humidifier to moisten the air at home



What can I do?

- **See your Health Care Provider**- may or may not need antibiotics
- **See a Registered Dietitian**- for help as needed with better food choices and just eating healthy
 - **Eat More**- Fresh Fruits and Vegetables making sure to wash all fresh fruits and vegetables, eat more whole grain breads and cereals
 - **Cook to the proper temperature**- hot foods 135 °F or higher and cold foods 41 °F or lower

