

WEEKLY HEALTH ALERT: 03/08/10

What's Going Around this week? Sinusitis

According to the Centers for Disease Control and Prevention's (CDC) report released in December 2009: Summary Health Statistics for U.S. Adults: National Health Interview Survey – What's Going Around this week is most often diagnosed in the south. In fact, it is diagnosed more than 3x than in the Northeast.

It usually starts as the common cold or other upper respiratory infection, but the runny nose and cough seem to be lingering and now you feel pressure and pain in your head and face. You may be one of the southerners dealing with Sinusitis.

Centra Care physicians have seen an increase in patients with sinusitis across much of Central Florida. Here are the areas being affected:

Altamonte, Azalea Park, Dr. Phillips and Winter Park have seen nearly double, or more than double the number of adults with sinusitis. And, Winter Park has also seen an 800% jump in children with What's Going Around.

LEARN MORE:

Sinusitis is a complication of both viral URI and seasonal allergies. According to Centra Care physicians, Sinusitis activity is likely on the rise because of the winter colds and the start of allergy season in Florida. Your sinuses are hollow air spaces within the bones surrounding the nose. Sinusitis occurs when one or more of your nasal passages get inflamed and tender, which doesn't allow it to drain.

Many of the symptoms of sinusitis mimic the common cold. It's important to note that viral sinusitis is present with all colds, however when doctors diagnose sinusitis they are most often referring to that caused by a bacterial infection.

Symptoms:

Sinusitis causes pressure and pain in the head and pain or tenderness of the face, which may intensify when you lean over. It can also cause nasal congestion, coughing, fever, sore throat, nasal discharge, and postnasal drip. It is also common for sinusitis in children to be accompanied by an ear infection that is caused by the same bacteria.

Sinusitis itself is rarely contagious, but the cold symptoms that precede it can be easily spread from person to person. If your sinusitis is bacterial in nature, your doctor will likely prescribe an antibiotic to shorten its duration. Sinusitis symptoms may also be treated with over-the-counter decongestant, pain, and fever medications. It may be helpful to use a humidifier or nasal saline mist. You should also drink plenty of fluids to thin the mucus.

The CDC recommends the following to prevent sinus infection:

- Practice good hand hygiene
- Keep you and your child up to date with recommended immunizations
- Avoid close contact with people who have colds or other upper respiratory infections
- Avoid smoking or exposure to second hand smoke and do not expose children to second hand smoke
- Use a clean humidifier to moisten the air at home

There 18 Centra Care Urgent Care locations – and a Florida Hospital certified physician on site – 7 Days a Week. For locations and phone numbers visit: www.CentraCare.org

Sincerely,