



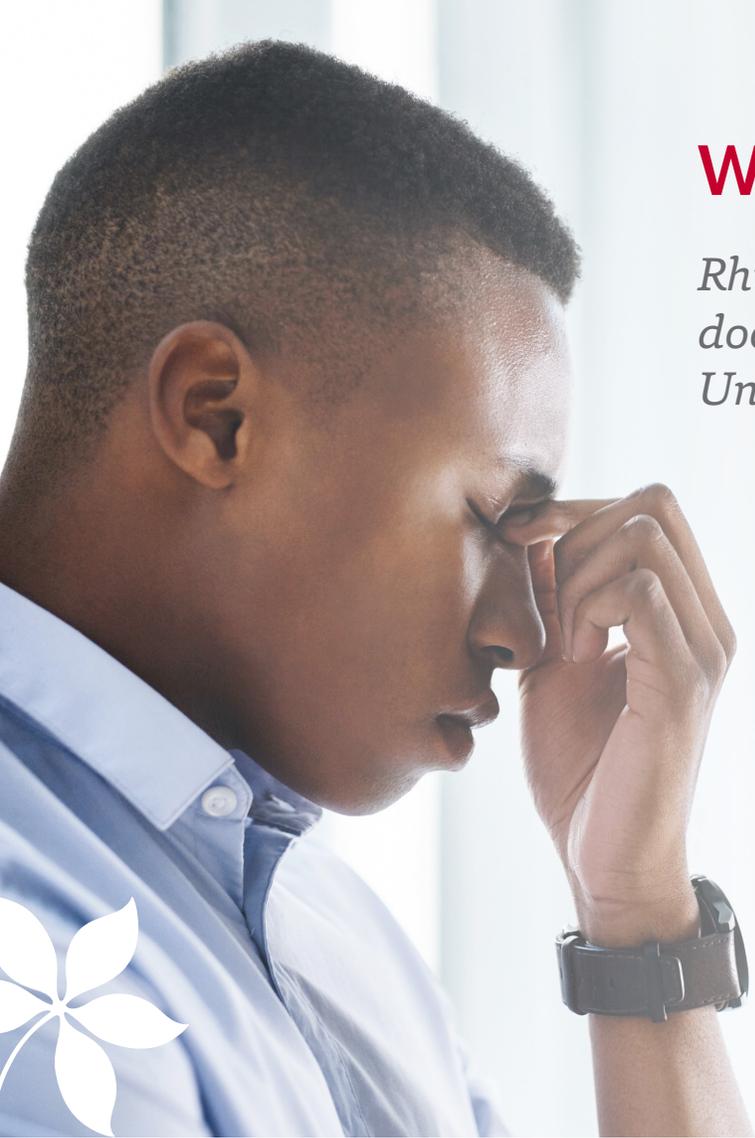
# Sinus Care

AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER

*Let our ear, nose and throat experts  
help you breathe easy again.*



**THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER



## What is rhinosinusitis?

*Rhinosinusitis is the number-one reason doctors prescribe antibiotics in the United States. But what is it?*

Also known as sinusitis, rhinosinusitis occurs when the hollow air cavities in your cheekbones, around your eyes and behind your nose are inflamed. These air cavities, called sinuses, contain mucus that drains into the nose. In many cases, inflammation is related to a viral or bacterial infection; however, some patients have chronic symptoms (lasting more than three months) that may be due to other causes.

Regardless of the cause, rhinosinusitis can lead to nasal congestion or obstruction, runny nose, post nasal drip, loss of smell, facial pain and headache. Foul tasting or smelling drainage, fever, tooth pain and fatigue may also occur.

## What's the difference between a cold and sinusitis?

It can be very hard to distinguish a cold from sinusitis. Many symptoms are the same, including discolored nasal drainage, nasal obstruction, congestion, facial pressure or pain, headache and cough.

Although symptoms alone are not always accurate in establishing a diagnosis, an acute bacterial infection is suspected when symptoms fail to improve within ten days, or when symptoms worsen after a period of improvement (“double worsening”).

One way to determine the type of infection is to visualize the sinuses through a nasal endoscopic procedure. This procedure allows your physician to evaluate the drainage pathways of the sinuses and identify pus or other abnormalities that can establish a specific diagnosis.

# My face hurts, and I have a horrible headache: do I have sinusitis?

If you're experiencing a headache accompanied with facial pressure, runny nose and fatigue, you might assume you're suffering from sinusitis; however, many facial pain sufferers are actually experiencing a migraine.

The nerves involved in the migraine pathway also give sensation to the face and nasal cavity. In some cases, the headache disorder can also cause nasal symptoms.

It helps to first determine whether or not sinusitis is the cause. To determine a correct diagnosis and receive the most accurate treatment, speak with your health care provider.

## What are the types of sinusitis?

*There are two types of sinusitis: acute and chronic.*

Acute sinusitis occurs when sinus tissue becomes inflamed from a viral or bacterial infection.

Symptoms can usually be treated with home remedies or over-the-counter sinus medicine. In some cases, antibiotics are useful. This is best decided after evaluation by a physician.

Acute sinusitis lasts up to four weeks, with most symptoms disappearing within seven to ten days. Although uncommon, some patients experience recurrent bacterial infections (recurrent acute bacterial sinusitis) with four or more documented bacterial infections per year. Although surgery is not usually indicated for acute sinusitis, patients with recurrent acute bacterial sinusitis may benefit from surgery.

If symptoms persist for more than 12 weeks despite medical treatment, you may be experiencing chronic sinusitis. Chronic sinusitis can be difficult to treat in some cases. One reason for this is that there is not a universal cause for sinusitis. Similar to patients with asthma, there is no "one-size-fits-all" approach to treating sinusitis. This is why Ohio State's sinus care experts work with each patient to help develop a medical and/or surgical plan that fits their goals and addresses their symptoms in a personalized manner.

If you have sinusitis symptoms that last more than three months, or if you have had acute sinusitis a number of times in the same year, schedule an appointment to see a sinus care expert at The Ohio State University Wexner Medical Center.





# How do you diagnose acute and chronic sinusitis?



Our physicians will conduct a nasal endoscopy to determine your diagnosis. During a nasal endoscopy, a narrow tube equipped with fiber optics (light) will be inserted into your nose. This tube is fitted with a small camera that will project images onto a television or computer screen for better viewing.

Computed tomography (CT) scans are also helpful when diagnosing sinusitis. CT scans help identify signs of sinus inflammation, sinus tumors and other abnormalities that may benefit from medical or surgical treatment.





## Why choose Ohio State for sinus relief?

The Department of Otolaryngology – Head and Neck Surgery at The Ohio State University Wexner Medical Center offers comprehensive evaluation, testing and treatment options for patients diagnosed with acute and chronic sinusitis and other sinus and nasal problems. We are recognized by *U.S. News & World Report* as the sixth-highest-ranked hospital in the nation for care of the ear, nose and throat (ENT), ranking higher than any other ENT program in Ohio.

Our fellowship-trained sinus experts provide personalized, targeted care for each patient, utilizing noninvasive or surgical procedures to offer the most effective treatment. Our dedicated physicians and staff members will always take the time to understand your individual sinus and nasal problems and tailor a care plan to your specific needs and preferences.

We also proudly utilize a comprehensive team approach when developing your care plan, relying on expertise from all of our ENT physicians to provide you the best outcomes possible.

### We provide care at three locations, including:

#### **Eye and Ear Institute**

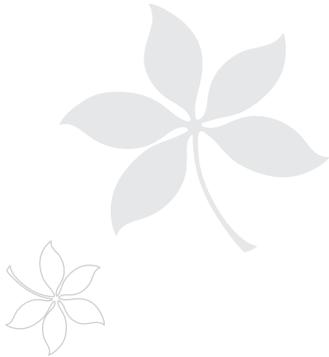
Department of Otolaryngology – 4th Floor  
915 Olentangy River Road  
Columbus, OH 43212

#### **Ohio State Ear, Nose and Throat – Dublin**

555 Metro Place N., Suite 475  
Dublin, OH 43017

#### **Ohio State Ear, Nose and Throat – Gahanna**

5175 Morse Road, Suite 100  
Gahanna, OH 43230





## Stop suffering. Schedule an appointment today!

*The Department of Otolaryngology – Head and Neck Surgery is now offering same-week appointments for sinus care patients at our locations in Columbus, Gahanna and Dublin.*

---

To schedule an appointment or learn more information,  
call **614-362-3792**

or visit <https://wexnermedical.osu.edu/sinuscare>.



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER