

# Diagnosis and Treatment of a Sinus Problem

**S**inus problem, infection or **sinusitis** is an inflammation of the sinuses and nasal passages. A **sinus infection** may cause a **headache** or strain in the eyes, nose, cheek area, or on one side of the head. A person with a **sinus problem** may also have a coughing, a temperature, bad breath, and **nasal congestion** with thick nasal secretions. Sinusitis is classified as acute or chronic.

Consult a physician when experiencing pain or strain in the top of face accompanied by nasal congestion or discharge, postnasal drip, or ongoing bad breath unrelated to dental problems. Fever can be a symptom of a sinus problem or a chilly. Simple overcrowding with a low-grade fever probably suggests a cold and could not call for drugs or antibiotics. Those also experiencing facial pain or headaches might have a sinus infection. A doctor frequently may treat simple sinusitis. When remaining undiagnosed as well as without treatment, complications of sinusitis may appear that can result in severe medical problems and perchance passing away.



## Diagnosis of a Nose Problem

The diagnosis of a sinus issue is usually made based on a medical history diagnosis and a physical examination. Adequately distinguishing sinusitis coming from a simple upper respiratory infection or a common cold is very important. Sinusitis is often caused by bacteria and calls for antibiotics for treatment. A sinus problem can also be caused by viruses, which means medicines would not help. Upper respiratory infections as well as the common cold are usually viral illnesses. Proper diagnosis of these types of potentially similar conditions stops confusion as to which medications should be given. Above dealing with infections with antibiotics can be dangerous.

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## Treatment of a Sinus Problem

The main goals in treating a sinus problem or an infection involves lowering the swelling or inflammation in the nasal passages as well as sinuses, removing the infection, promoting waterflow and drainage from the sinuses, tweaking available sinuses. Home care can help available the sinuses and alleviate their dry skin. In the event that environmentally friendly allergies make the sinusitis, an antihistamine may help reduce swelling of the mucous membranes. Decongestants lessen airway obstruction and are important in the treatment to alleviate symptoms.

To treat acute sinusitis, one or more over the counter or prescription remedies may be all that is necessary. In most cases, a nose problem is due to infection. The chief goal of remedy in this case will be wiping out microorganisms in the nose cavities with medicines. This helps to prevent problems, relieve symptoms, and reduce the risk of **chronic sinusitis**. For individuals with recurrent bouts of severe sinusitis or longterm sinusitis, the addition of an intranasal anabolic steroid may decrease the signs of a sinus difficulty. People whose symptoms do not go away regardless of the use of antibiotics should follow up with their doctors or ear, nose, and throat specialist. Some people knowledge chronic sinusitis despite sufficient treatment with antibiotics and also drugs for relief of signs and symptoms.

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