

## Terrified by Nasal Polyp?

**W**hen it comes to nasal and respiratory wellness, the main topic of nose polyps is not often talked about. But did you know that a nasal polyp can cause **sinusitis**? Similarly, people with allergic rhinitis are prone to nasal polyp growths whereas an estimated 20% of **chronic sinusitis** patients develop nasal polyp within the nose cavities. In line with the National School with an Aging Society, acute and persistent sinusitis is one of chronic condition in the united states. On top of that, chronic sinusitis health expenditure quantities in order to \$6 billion every year.



*“ Closer Look at Nasal Polyps A nose polyp is an overgrowth of tissue from the mucous membrane of the nose and paranasal sinuses. These types of polypoidal masses usually are classified into two groups : antrochoanal polyps (arising from the maxillary sinuses, unilateral and single) and also ethmoidal polyps (coming from the ethmoidal sinuses, multiple and bilateral). Children usually develop antrochoanal polyps while adults might have ethmoidal polyps. Aside from chronic sinusitis, nasal polyp presence can cause many diseases such as asthma, cystic fibrosis, nasal mastocytosis and Kartagener's syndrome. If you are susceptible to nasal allergy symptoms, it is helpful to be investigated by a good allergist, immunologist and/or ENT to further examine the problem as well as to learn if sinus polyps have developed in the nose area.*

Nasal Polyp and Sinusitis Sinusitis may be associated with nasal polyp because patients with stones in the sinus hole encounter nasal blockage, cosmetic puffiness, blockage, cough, and a throbbing head ache. If not taken care of, nose polyps and sinus bacterial infections can lead to further an infection of the nose, eyes, as well as middle hearing. There are several options in treating sinusitis, such as the employment of sinus sprays, common antibiotics, over the counter drugs, Intravenous therapy, nebulized therapy, nasal washing and **sinus surgery**. A nasal polyp is usually treated with steroids.



SinusitisChronic SinusitisSinus SurgerySinusitis ChronicTreating

### When Surgical Treatment is Needed Several Growths of Nasal Polyp is Known as Polyposis

Often times, if the polyps are preventing the nose cavities, doctors will recommend a surgical procedure to remove the nasal polyps. Even though sinus surgery helps, 70% of patients reported re-occurrence of sinus growths.

**Aerosolized Treatment** One of the most advanced treatments currently available is aerosolized sinus treatment to be able to ease chronic sinusitis. Patients who have undergone this type of therapy are very pleased and amazed with the results of the procedure. Together with aerosolized nose therapy, liquid medication (antibiotic, antifungal, and/or anti-inflammatory) is nebulized with a small and small nebulizer device. Whenever liquid medication is pumped through the nebulizer, the air taken in by the patient directly goes to the sinus cavity. **Sinus relief** is immediate and efficient.

- Doctors prescribe aerosolized sinus treatment in order to **chronic sinus** patients and also allergic rhinitis victims.
- Sinus Rinse One way to prevent the development and reoccurrence of nasal polyp is via sinus rinse e.g. nose rinse, or sinus clean.
- A sinus rinse entails washing the nasal passages with water and a sodium solution.
- This is very well suited for allergy prone people who are often subjected to airborne allergens.
- Nose rinse goods nowadays are easy to use and convenient.
- Nose drug stores have made it easy for individuals to perform nasal washing by offering sinus rinse kits.
- An example of this is ActiveSinus.
- Don't let nose polyp as well as sinusitis let you down.
- Take an active role in beating sinusitis with the most advanced technology around.

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