

# Why Should Sinus Infections Be Taken Seriously?

**S**inus infections are one of the most common of the respiratory disorders. In the United States alone, it is estimated that over 37 million Americans suffer from sinus infections every year. Usually after a bout of common cold, acute sinusitis is usually short-term and reacts very well with medication. Chronic sinusitis, on the other hand, is a repeated problem and more complicated to take care of. While confronting nose infections, many people decide to ignore the signs and symptoms hoping that they would eventually vanish entirely. People prefer to self-medicate, waiting for the situation in order to worsen before seeking professional help. This may end up being acceptable when dealing with serious sinusitis, but won't work against chronic sinusitis. Also, it is important to know that there are dangers associated with not taking sinus infections seriously.



## Dangers of Sinus Infections

Sinus bacterial infections can bring a lot of pain and discomfort for an individual because of the symptoms that come with it. The most common symptoms are nasal congestion and release because of excessive mucus. This also leads to breathing difficulties and reduced sense of smell and taste. Discomfort is also to be expected especially around the sinus areas such as the nose, eyes, cheeks and also forehead. Others also experience a sore throat, bad breath, coughing, toothaches, nausea as well as temperature.

- Aside from the pain and discomfort, neglected or undiagnosed sinus infections may also lead to more serious issues.
- One of which is a condition called osteomyelitis, or an infection of the frontal bone.
- This is probably when the infection propagates to the frontal bone.
- An additional possible complication is blindness, brought about by sinus infection spreading to be able to the eye sockets.
- Coma or passing away is also a possibility, though rarely happens, when the infection spreads in order to the brain.

## Dealing With Sinus Infections

You have a strong immune system, you might be able to fight off the infection easily even with self-medication or home remedies. However, if there is no improvement after a couple of days and you suspect sinus infections, it is important to see your doctor immediately. Sinus infections are treatable. You just need to work closely with your doctor to identify the cause of contamination and right treatment.

## To Lower the Risk of Getting Nose Infections, Work With Strengthening the Immune System

This can be easily done by switching to a healthier lifestyle. Eat the right kinds of foods such as fruits and vegetables, especially those an excellent source of antioxidants, vitamins and minerals. Avoid foods high in sugar as these can lower the immune system. Drink lots of water and juices, although avoiding coffee and alcohol based drinks. Herbal and also food supplements are also advised as they provide additional support to the body. Lastly, exercising daily is highly recommended to keep the body strong and healthy.

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