

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
Ask the Librarian : Free Answers to any Health Questions !!

<http://www.healthlibrary.com/information.htm>



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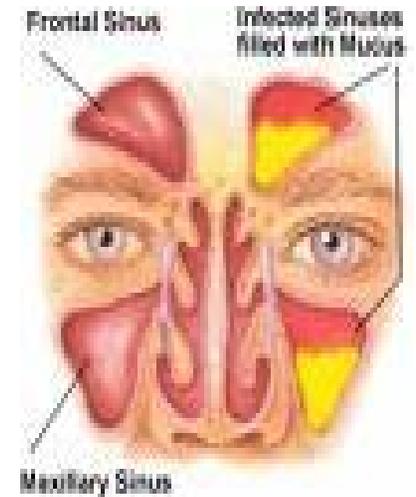
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**LET'S HELP
ERADICATE
IGNORANCE**

Understanding Sinusitis

Sinusitis:

Introduction

You're coughing, your nose is stuffy, and you feel tired and achy. You think that you might be getting a cold. Later, when the medicines you've been taking to relieve symptoms of the common cold are not working and you've got a terrible headache, you finally drag yourself to the doctor. After listening to your history of symptoms, examining your face and forehead, and perhaps doing a sinus X-ray, the doctor says you have sinusitis.

Sinusitis means your sinuses are infected or inflamed. But this gives little indication of the misery and pain this condition can cause. Health experts usually divide sinusitis cases into



- Acute cases, which last for 4 weeks or less
- Subacute cases, which last 4 to 12 weeks
- Chronic cases, which last more than 12 weeks and can continue for months or even years
- Recurrent cases, which involve several acute attacks within a year



When people say, "I'm having a sinus attack," they usually are referring to symptoms of congestion and achiness in one or more of four pairs of cavities, or sinuses, known as *paranasal sinuses*. These cavities, located within the skull or bones of the head surrounding the nose, include

- *Frontal sinuses* over the eyes in the brow area
- *Maxillary sinuses* inside each cheekbone
- *Ethmoid sinuses* just behind the bridge of the nose and between the eyes
- *Sphenoid sinuses* behind the ethmoids in the upper region of the nose and behind the eyes

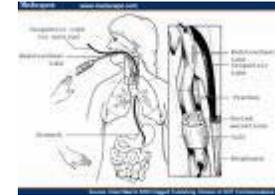
Signs and Symptoms



Each sinus has an opening into the nose for the free exchange of air and mucus, and each is joined with the nasal passages by a continuous mucous membrane lining. Therefore, anything that causes a swelling in the nose—an infection, an allergic reaction, or another

type of immune reaction—also can affect your sinuses.

Risk Factors



Air trapped within a blocked sinus, along with pus or other secretions (liquid material) may cause pressure on the sinus wall. The result is the sometimes intense pain of a sinus attack. Similarly, when air is prevented from entering a paranasal sinus by a swollen membrane at the opening, a vacuum can be created that also causes pain.

