



# An Overview of Sinusitis

## What is sinusitis?

Sinusitis is an inflammation of the sinus lining caused by bacterial, viral and / or microbial infections; as well as structural issues like blockages of the sinus opening (ostium). If the sinus opening (ostium) is closed, normal mucus drainage may not occur – this condition may lead to infection and inflammation of the sinuses.

## What are the different types of sinusitis?

There are two main categories of sinusitis: acute and chronic. Sinusitis is usually preceded by a cold, allergy attack or irritation from environmental pollutants. Often, the resulting symptoms, such as nasal pressure, nasal congestion, a “runny nose,” and fever, run their course in a few days. However, if symptoms persist, a bacterial infection or **acute** sinusitis may develop. If sinusitis occurs frequently or lasts three months or longer, it may be chronic sinusitis.

## What are the symptoms of sinusitis?

Common symptoms may include:

- Facial pain, pressure, congestion or fullness
- Nasal obstruction or blockage
- Discolored nasal discharge
- Discolored post-nasal discharge
- Loss of smell
- Headache
- Fatigue

## How prevalent is sinusitis?

- Sinusitis affects approximately 37 million people in the U.S. each year.<sup>1</sup>
- Sinusitis affects 21% of women and 16% of men each year.<sup>2</sup>
- Chronic sinusitis is more common than arthritis or high blood pressure.<sup>3</sup>

## How does sinusitis affect one’s quality of life?

- Sinusitis takes a greater toll on quality of life than even diabetes or congestive heart failure.<sup>4</sup>
- Total restricted activity days due to sinusitis are well over 73 million per year.<sup>5</sup>

## What is the economic burden?

- Direct healthcare expenditures due to sinusitis cost over \$7.8 billion each year.<sup>6</sup>
- Chronic sinusitis (not including acute sinusitis) results annually in an estimated 18-22 million physician office visits.<sup>7</sup>
- 645,000 people visit emergency rooms annually as a result of sinusitis.<sup>8</sup>
- Patients with chronic sinusitis have twice as many visits to primary care doctors and five times as many pharmacy fills as patients who do not have it.<sup>9</sup>

## What are the treatment options?

The most frequently used treatments for sinusitis are medical therapies and / or conventional sinus surgery.

**Medical Therapy** – Sinusitis is typically treated first with medication. Treatment with antibiotics or topical nasal steroid sprays is often successful in reducing mucosal swelling, fighting infection, and relieving obstructions of the sinus opening. Inhaling steam or using nasal saline sprays or drops may also help relieve sinus discomfort. However, an estimated 20-25% of patients do not respond adequately to medications.<sup>10</sup>

**Conventional Sinus Surgery** – called Functional Endoscopic Sinus Surgery (FESS) is often the next step toward finding sinusitis relief. Specialized instruments are placed into the nose along with a small endoscope to help the surgeon see inside the nose and nasal cavities. The procedure works by removing bone and tissue to enlarge the sinus opening and may lead to post-operative pain and bleeding that requires uncomfortable nasal packing to control. Approximately 330,000 FESS procedures are performed each year in the U.S.

As in medical therapy treatments where a patient can choose between sprays, antibiotics, steroids, and others, conventional sinus surgery offers the choice between conventional surgical devices and the clinically validated *Relieva Balloon Sinuplasty™* system of devices.

For more information, call your Acclarent representative or visit [www.acclarent.com](http://www.acclarent.com)

### Sources:

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