

Don't Get Sidelined By Sinus Problems

(NAPSA)—Whether you're at your desk, in the field or on center court, it's tough to be at the top of your game when sinus pain and pressure team up against you.

If you suffer from these debilitating symptoms, especially during seasons when the air is dry and relative humidity is low, then you are not alone. Research shows that more than 31 million Americans suffer from sinus problems—commonly, a pressure/pain in the forehead or face, between and behind the eyes, or in the cheeks and upper teeth, depending on which sinuses are involved.

Serena Vs. Her Sinuses

Though she is perennially plagued by sinus problems, tennis player Serena Williams—winner of seven Grand Slam tournaments, an Olympic gold medalist and the Associated Press Female Athlete of the Year for 2002—is never one for sitting on the sidelines.

"It's so hard to play tennis, or do anything I enjoy, when I feel pressure, pain and congestion in my head," says Williams. "DayQuil Sinus relieves these symptoms and doesn't make me drowsy so I can get my energy back."

Brought to you by Vicks, DayQuil Sinus contains a combination of ingredients to temporarily relieve such symptoms as sinus pain, headache, and nasal and sinus congestion. NyQuil Sinus has an additional ingredient to relieve your runny nose and sneezing.

Tennis star Serena Williams never lets sinus problems keep her from playing at the top of her game.

Following are some tips to help maintain healthy sinuses:

- Use a natural saline spray several times daily to keep the sinuses moist.



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- Don't drink iced drinks, as they can aggravate sinus problems.
 - Get plenty of rest.
 - Exercise outdoors to increase your circulation and clear sinus passages.
 - Take a medication that is specially formulated to treat sinus problems. Look for one that doesn't make you drowsy during the daytime, such as DayQuil Sinus. For nighttime suffering, try NyQuil Sinus, which relieves symptoms so you can get the sleep you need.
 - Make sure you are getting enough moisture in your bedroom at night. Problems occur when the sinuses dry out. Use a humidifier if necessary.
 - Take plenty of hot showers and inhale steam into the sinus passages. Use hot compresses to relieve swelling of the sinuses and help circulation.
- For additional information about treating sinus problems, visit www.Vicks.com.