



Health Bulletin



Medical Milestone For Sinus Sufferers And Germ Weary

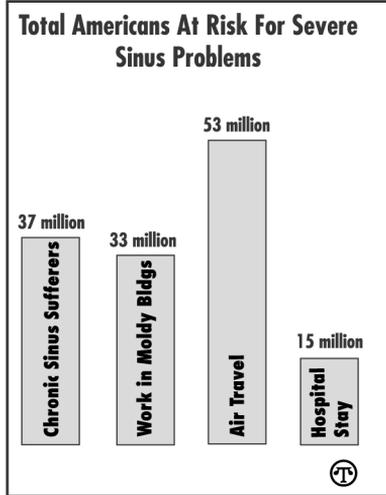
(NAPSA)—If you are one of the millions of people who suffer from chronic nasal and sinus symptoms, you may be interested in the results of recent groundbreaking studies.

The role that environmental irritants, toxins and germs, including mold and fungus, play in nasal and sinus disease has been greatly underestimated but the relationship is now becoming clearer. The 37 million sinus sufferers who have not had relief can contract these harmful nasal symptoms year-round from air travel, hospital stays, sick-building syndrome (mold/toxins) and during pollen season.

The Mayo Clinic study found that 93 percent of 210 patients they tested with chronic sinusitis had molds as the source of their infection. Once considered rare, all of the “control subjects,” those with no symptoms, had the same varieties of molds and fungus in their noses. While everyone inhales and filters mold through their noses every day, some sinus sufferers will have chronic symptoms of inflammation leading to severe sinusitis, even nasal polyps.

The study found that the reaction was truly allergic in less than a third of patients, but rather a non-allergic inflammation triggered by the molds when they came in contact with the membranes in the nose and sinus. This may explain why so many sinus sufferers do not benefit from most antihistamines on the market today. Topical steroids have been the most effective by reducing inflammation, but they do not address the triggers or causes of the inflammation.

The Chronic Rhinosinusitis Task Force supported by the Sinus and Allergy Health Partnership of the American Academy of Otolaryngology has their own view of how the condition is trig-



Over 37 million Americans suffer from chronic sinus problems and other related issues.

gered. In a paper that was published in the September 2003 issue of the Academy’s journal, entitled *Adult Definitions, Epidemiology, and Pathophysiology*, the panel stated in their summary “Current literature supports the important role that microbes (bacteria and/or fungi) appear to play in the pathogenesis of CRS.” Furthermore, the paper defined Chronic Rhinosinusitis as “a group of disorders characterized by inflammation of the mucosa of the nose and paranasal sinuses of at least 12 weeks duration.”

The researchers found that by using strong prescription antifungal medicines designed for intravenous use, as a rinse for the nose, they could improve or even eliminate polyps and some of the worst sinus inflammation. These treatments are limited to the worst cases, but the study added to the growing evidence that killing mold and fungus in the nose and sinus can dramatically improve a patient’s condition.

In Florida, Dr. Michael Stampar, an otolaryngologist and sinus

specialist, started evaluating an over-the-counter antiseptic nasal spray that was both antifungal and antibacterial, in everyday patients with chronic nasal and sinus symptoms.

He asked 24 of his patients with year-round nasal problems to antiseptically rinse their noses with SinoFresh Antiseptic Nasal Spray, a nasal hygiene product, developed by Charles Fust, a chemist. Dr. Stampar’s patients used SinoFresh twice a day and 23 felt better—many better than they ever had.

That was over a year ago and now hundreds of people have reported feeling better than ever by simply antiseptically rinsing their noses. More than 200 physicians have seen similar results simply cleaning their nose with this spray.

Unlike a drug or medication which has to be absorbed into the tissues to be effective, SinoFresh works topically to kill bacteria, germs and mold in the nose and rinse away dust pollen and other irritants. Besides feeling clearer, people have enjoyed less snoring, fresher breath and fewer doctor visits.

Like a mouthwash, it is available without a prescription in most drug stores such as Walgreens, Eckerd, Rite-Aid, CVS and Publix. You can learn more at www.sinofresh.com.

Clinical studies are underway to evaluate how big a role this simple approach to nasal care may have in treating rhinosinusitis and in whom it works best.

“My hope is that in a few years we will have knocked sinus problems out of the top three reasons to see a doctor and saved millions on treatment with the simple recommendation of antiseptically cleaning our noses,” said Stampar, “and wonder, ‘why didn’t anyone think of this sooner?’”