

ASK THE DOCTOR



Washing Your Nose Helps Relieve Sinus Symptoms

(NAPSA)—Millions of Americans suffer from the uncomfortable symptoms of sinus pressure and seek relief in any way they can. Now there's a new solution: wash your nose.

Nasal washing has been around for centuries but has only recently been rediscovered by modern science as an effective way to treat a wide range of sinus problems.

Dr. Diane Heatley, an ear, nose and throat doctor at the University of Wisconsin-Madison, sees hundreds of patients inflicted with sinus pain each year and says many treatments exist, but most ignore the underlying problem.

“Most sinus problems are caused by thickened mucus in the nose and sinuses. The reason the mucus becomes thick varies, but some common causes are cold, flu, allergies, pollution or dry air,” says Heatley. “Once the mucus becomes thick, it can pool in the sinuses or in the nose, leading to the familiar congestion, drainage, headache, cough and post-nasal drip. Mucus that remains stagnant provides fertile ground for infection with bacteria.”

After seeing how frustrated her patients were, Heatley developed the *SinuCleanse* nasal washing system to lessen sinus symptoms or prevent them altogether.

“Nasal washes are the only way that thick mucus can be washed out of the nose,” says Heatley. “Rather than treating the symptoms, nasal washes actually treat the root problem—thickened mucus.”

Proven to provide the most effective relief from sinus symptoms, nasal washing gives users an alternative to pills and sprays and the accompanying side effects. It can be done with a neti



Instead of treating the symptoms of sinus congestion, many people find relief by fighting it at the source.

pot or squeeze bottle and delivers a cleansing dose of saline to the nose.

Nasal washing continues to gain acceptance, especially after the publication of a University of Wisconsin-Madison study. The study found that participants who added the *SinuCleanse* nasal wash system to their daily regimen showed decreased nasal symptoms, decreased medication use and overall improved health over the six-month period during the study.

An added benefit? Heatley says nasal washes have also been shown to rinse pollen, dander and other allergens out of the nose and sinuses and reduce allergy symptoms.

“Many users are amazed that a simple, drug-free and inexpensive treatment works when so many other things they have tried have failed.”

And nasal washing is safe for children and pregnant women. For more information on nasal washing, including an explanation and demonstration of how to do it properly, visit www.sinucleanse.com.