

## Sinus Pain Awareness

(NAPS)—Ever had a cold or allergy attack that wouldn't go away? If so, there's a good chance you actually had sinusitis.

Sinusitis that lasts at least three weeks affects annually about 37 million people in the U.S., making it one of the most common illnesses in America. That number may be significantly higher, since the symptoms of bacterial sinusitis often mimic those of colds or allergies, and many sufferers never see a doctor for proper diagnosis and treatment with an antibiotic.

If you suspect you have sinusitis, review these signs and symptoms. If you suffer from three or more, see your doctor.

SIGN/SYMPTOM	SINUSITIS	ALLERGY	COLD
Facial Pressure/ Pain	YES	Sometimes	Sometimes
Duration of Illness	More than 10-14 days	Varies	Less than 10 days
Nasal Discharge	Thick, yellow-green	Clear, thin, watery	Thick, whitish or thin
Fever	Sometimes	NO	Sometimes
Headache	Sometimes	Sometimes	Sometimes
Pain in Upper Teeth	Sometimes	NO	NO
Bad Breath	Sometimes	NO	NO
Coughing	Sometimes	Sometimes	YES
Nasal Congestion	YES	Sometimes	YES
Sneezing	NO	Sometimes	YES <sup>Ⓟ</sup>

For further information about sinusitis, treatment options, and names of ear, nose, and throat physicians in your area, visit the American Academy of Otolaryngology—Head and Neck Surgery Web site at [www.entnet.org](http://www.entnet.org).

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