

Sinusitis: More Than A Cold

Guidelines Recommend Diagnosis And Treatment Options

(NAPSA)—That snuffle may be more than a common cold. If you suffer from a stuffy nose, nasal drainage, or facial pressure, you could be one of the millions of Americans suffering from sinusitis, a bacterial condition that usually begins with the common cold. To help physicians diagnose and treat bacterial sinusitis in adults and children, the Sinus and Allergy Health Partnership (SAHP) issued guidelines based on new available treatments, as well as evolving trends seen in antibiotic resistance.

essential in the fight against antibiotic resistance. Antibiotic resistance occurs when a prescribed antibiotic does not completely kill all of the bacteria that is causing the infection. The bacteria that survive become resistant to the antibiotic, making it less effective when used again. The widespread use of antibiotics to treat common viral illnesses is one of the primary causes of antibiotic resistance. To aid physicians in selecting an antibiotic, the guidelines classify the most commonly used antibiotics into categories of expected success

Recommended Treatment Options for Adults with Bacterial Sinusitis	
Mild Disease with No Recent Antibiotic Use (Past 4-6 Weeks)	Mild Disease with Previous Antibiotic Use or Moderate Disease
<ul style="list-style-type: none"> • Augmentin XR® • Regular strength Augmentin® • Vantin® • Ceftin® 	<ul style="list-style-type: none"> • Augmentin XR® • Respiratory fluoroquinolones (Tequin®, Avelox®, Levaquin®) • Rocephin 

For patient Miki Ferretti, this is good news. “I have suffered from sinus infections on and off for the last eight years,” she recalls. “When I have an infection I want to take the best medication possible that will completely destroy whatever is causing it, I don’t want it to come back.”

There are approximately 20 million cases of sinusitis reported each year in the United States. Sinusitis is the fifth most common diagnosis for which an antibiotic is prescribed, and costs the United States economy nearly \$3.5 billion dollars annually.

An accurate diagnosis of bacterial sinusitis is crucial in treating the disease and preventing recurrent infections. However, uncovering the difference between viral and bacterial sinusitis can be challenging because the symptoms are similar. According to the SAHP guidelines, a diagnosis of bacterial sinusitis may be made when an upper respiratory infection does not improve after 10 days or worsens after five to seven days.

When bacterial sinusitis is diagnosed by a physician, the selection of an appropriate antibiotic is

or efficacy against the bacteria that are responsible for most sinus infections.

“These recommendations should help physicians choose those antibiotics that can best treat their patients. Appropriate antibiotic use can minimize the occurrence of antibiotic resistance and the likelihood of the sinus infection coming back,” explained Dr. Jack Anon, ear, nose and throat specialist and lead author of the guidelines.

Treatments are recommended according to disease severity as well as recent antibiotic use. The guidelines identify two categories of severity for sinusitis, mild and moderate and divide patients according to whether or not they were prescribed an antibiotic in the past.

The Sinus and Allergy Health Partnership is a not-for-profit organization created through the joint efforts of the American Academy of Otolaryngic Allergy, the American Academy of Otolaryngology—Head and Neck Surgery and the American Rhinologic Society.

For more information about sinusitis and the treatment guidelines, see your doctor or visit www.sahp.org.