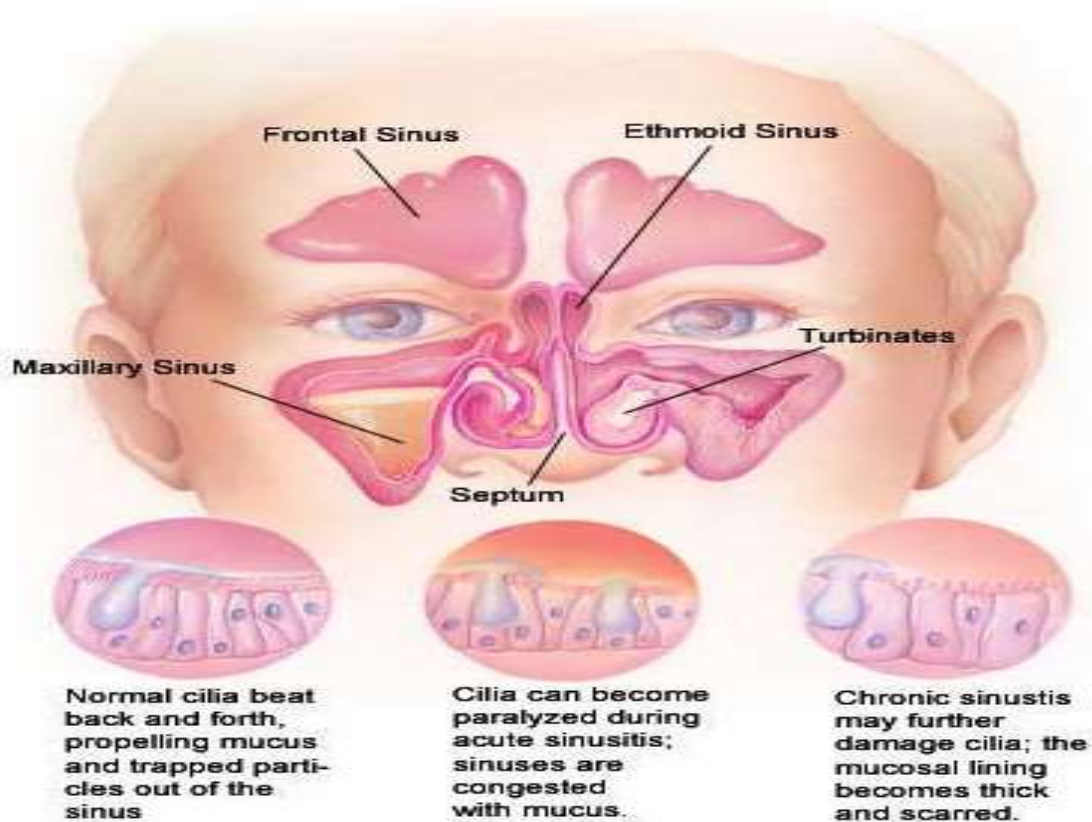


## HEALTH TIPS FOR THE MONTH OF FEBRUARY 2018

### SINUSITIS



THE SINUSITIS ARE SMALL, AIR-FILLED CAVITIES BEHIND THE CHEEKBONES AND FOREHEAD. THE MUCUS PRODUCED BY THE SINUSES USUALLY DRAINS INTO NOSE THROUGH SMALL CHANNELS. IN SINUSITIS, THESE CHANNELS BECOME BLOCKED AND FILLED WITH FLUID, GERMS (BACTERIA, VIRUSES, AND FUNGI), and POLLENS.....

## TYPES OF SINUSITIS

**ACUTE SINUSITIS:** A SUDDEN ONSET OF COLD-LIKE SYMPTOMS SUCH AS RUNNY, STUFFY NOSE AND FACIAL PAIN THAT DOES NOT GO AWAY AFTER 10 TO 14 DAYS. ACUTE SINUSITIS TYPICALLY LASTS 4 WEEKS OR LESS.

**SUBACUTE SINUSITIS:** AN INFLAMMATION LASTING 4 TO 8 WEEKS.

**CHRONIC SINUSITIS:** A CONDITION CHARACTERIZED BY SINUS INFLAMMATION SYMPTOMS LASTING 8 WEEKS OR LONGER.

**RECURRENT SINUSITIS:** SEVERAL ATTACKS WITHIN A YEAR.

## CONTRIBUTING FACTORS OF SINUSITIS:

- STRUCTURAL DIFFERENCES THAT NARROW THE DRAINAGE DUCTS (NASAL SEPTAL DEVIATION).
- NASAL POLYPS (SMALL GROWTHS IN THE LINING OF THE NOSE).
- COMMON COLD.
- ALLERGIC RHINITIS (SWELLING OF THE LINING OF THE NOSE).
- PEOPLE WHO HAVE IMMUNE DEFICIENCIES OR TAKING MEDICATIONS THAT SUPPRESS THE IMMUNE SYSTEM.
- IN CHILDREN ALLERGIES, ILLNESS FROM OTHER CHILDREN AT DAY CARE OR SCHOOL, PACIFIERS, BOTTLE DRINKING WHILE LYING ON BACK, AND SMOKE IN THE ENVIRONMENT.
- IN ADULTS MOST FREQUENTLY ALLERGIES, INFECTIONS AND SMOKING.

## SINGS AND SYMPTOMS OF SINUSITIS:

PEOPLE WITH CHRONIC SINUSITIS MAY HAVE THE FOLLOWING SYMPTOMS FOR 8 WEEKS OR MORE:

- FACIAL CONGESTION/ FULLNESS
- BLOCKED NOSE/ A REDUCED SENSE OF SMELL
- PUS IN THE NASAL CAVITY
- FEVER-38 DEGREE C ( 100.4 DEGREE F) OR MORE
- GREEN/ DARK COLOURED OR YELLOW DISCHARGE FROM NOSE
- SINUS HEADACHE
- BAD BREATH
- FATIGUE
- TOOTHACHE
- PAIN AND TENDERNESS AROUND CHEEKS, EYES OR FOREHEAD
- CHILDREN WITH SINUSITIS MAY BE IRRITABLE, BREATHE THROUGH THEIR MOUTH, AND HAVE DIFFICULTY IN FEEDING. THEIR SPEECH MAY ALSO SOUND NASAL ( AS THOUGH THEY HAVE A STUFFY COLD).



**TREATMENT FOR SINUSITIS:**



**Kiwi Fruit To Reduce Sinusitis**



**Chili Peppers Reduce Sinusitis**



**Pineapple Reduce Sinusitis**



**Onions To Reduce Sinusitis**



**Garlic To Reduce Sinusitis**

### ACUTE SINUSITIS:

- DECONGESTANTS NASAL DROPS OR SPRAYS
- STEAM INHALATIONS USUALLY FOUR OR FIVE DAYS, OR THEY MAY ACTUALLY INCREASE CONGESTION.
- IF ANTIBIOTICS ARE GIVEN, THEY ARE USUALLY GIVEN FOR 10 TO 14 DAYS.

### CHRONIC SINUSITIS:

- WARM MOIST AIR MAY ALLEVIATE SINUS CONGESTION.
- A VAPORIZER OR INHALING STEAM FROM A PAN OF BOILING WATER (REMOVED FROM HEAT) MAY ALSO HELP.
- WARM COMPRESSES ARE USEFUL TO RELIEVE PAIN IN THE NOSE AND SINUSES. SALINE NOSE DROPS ARE ALSO SAFE FOR HOME USE.
- NASAL IRRIGATION.
- USE OF NONPRESCRIPTION DECONGESTANT NASAL DROPS OR SPRAYS MIGHT BE EFFECTIVE IN CONTROLLING SYMPTOMS; HOWEVER, THEY SHOULD NOT BE USED BEYOND THEIR RECOMMENDED USE.
- ANTIBIOTICS OR ORAL STEROIDS MAY ALSO BE PRESCRIBED.
- AN ANTIHISTAMINE OR MAY BE RECOMMENDED FOR THE TREATMENT OF ALLERGIES.
- MUCOLYTICS TO LOOSEN THE SECRETIONS, ANTIFUNGAL MEDICINE MAY BE PRESCRIBED FOR A FUNGAL SINUS INFECTION.
- IMMUNOGLOBULIN (ANTIBODIES) MAY BE GIVEN FOR CERTAIN IMMUNE DEFICIENCIES.
- NO SPECIAL DIET IS REQUIRED, BUT DRINKING EXTRA FLUIDS HELPS TO THIN SECRETIONS.

## PREVENTION:

- THE BEST WAY TO PREVENT SINUSITIS IS TO AVOID COLDS AND FLU OR TREAT PROBLEMS QUICKLY.
- EAT PLENTY OF FRUITS AND VEGETABLES, WHICH ARE RICH IN ANTIOXIDANTS AND OTHER CHEMICALS THAT COULD BOOST IMMUNE SYSTEM AND HELP BODY RESIST INFECTION.
- DRINK PLENTY OF FLUID TO INCREASE MOISTURE IN THE BODY.
- GET AN INFLUENZA VACCINE EACH YEAR.
- REDUCE STRESS.
- WASH HANDS OFTEN, PARTICULARLY AFTER SHAKING HANDS WITH OTHERS, FOLLOW RESPIRATORY ETIQUETTE.
- AVOID SMOKE AND POLLUTANTS.
- TAKE DECONGESTANTS DURING AN UPPER RESPIRATORY INFECTION.
- TREAT ALLERGIES QUICKLY AND APPROPRIATELY.
- USE HUMIDIFIER TO INCREASE MOISTURE IN NOSE AND SINUS.

### **Time to Avoid Cold:**

Prevention is definitely better than cure~ Prevent COLD

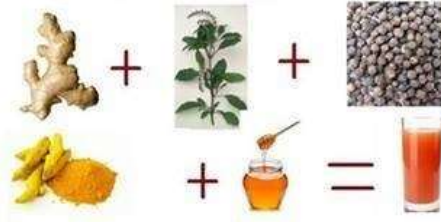
1. Cover the head and neck with clothes
2. Gargle with hot saline water
3. Take fresh fruits and vegetables to boost your immunity
4. Keep yourself warm at all times
5. Do not sleep during the day
6. Do not sleep late
7. Do not share towels and glasses
8. Avoid deep fried and processed food

#### **Ingredients:**

**Ginger- 1 Tbsp, Tulasi- 10 leaves, Pepper- 5, Turmeric- 1 pinch, Honey- 1 Tbsp, Water -250ml**

#### **Process:**

1. Mash Ginger, Tulasi, Pepper into ruff paste.
2. Boil Water and add to it.
3. Let it boil for 10 min till nice flavor come out of it.
4. Add turmeric and Honey to it.
5. Sieve and Drink it Luke warm. Take 3-4 times daily.



**Build immunity to  
Avoid common cold**



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