



Washington
University in St. Louis

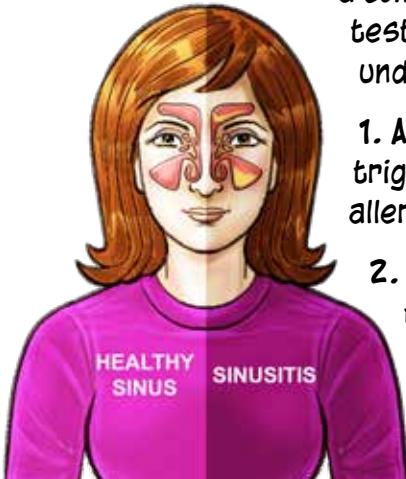
Allergies And Sinusitis

Allergies and sinusitis are quite common. The good news is that there is effective treatment. It is important to work with a healthcare professional to determine the underlying cause and appropriate treatment plan for allergies and sinusitis.

Jay F. Piccirillo, MD.



Diagnosis: The diagnosis of allergies and sinusitis involves a combination of medical history, physical examination, and diagnostic tests. Here are some of the tests that may be done to determine the underlying cause:



1. **Allergy testing:** Allergy testing can help identify specific allergens that trigger allergies. Skin prick tests, blood tests, and patch tests are common allergy testing methods.

2. **Imaging tests:** CT scans or MRIs can help identify any abnormalities in the nasal passages or sinuses.

3. **Nasal endoscopy:** This involves the insertion of a thin metal tube, which may be attached to a camera, into the nose with a camera into the nose to visualize the nasal passages and sinuses.

Management: The management of allergies and sinusitis depends on the underlying cause.

Here are some common treatments for various causes of allergies and sinusitis:

1. **Allergies:** The first step in managing allergies is to avoid exposure to allergens. Nasal saline irrigation "Neti-Pot" can be helpful to flush irritants and mucus from the nose. Medications, such as antihistamines, decongestants, and nasal steroids, can help manage symptoms. Immunotherapy, which involves exposing the body to small amounts of allergens to build up tolerance, may also be recommended for some patients.

2. **Sinusitis:** Acute sinusitis typically resolves on its own or with antibiotics. Chronic sinusitis may require more aggressive treatment, such as nasal irrigation, corticosteroid nasal sprays, or surgery to remove blockages in the sinuses.

3. **Lifestyle changes:** Avoiding exposure to allergens, quitting smoking, and maintaining good hygiene can help manage symptoms and prevent complications.

4. **Alternative therapies:** Some patients may find relief from alternative therapies, such as acupuncture or herbal remedies. However, these therapies should be used with caution and under the guidance of a qualified practitioner.



In addition to medical treatment, self-care measures, such as nasal irrigation, staying hydrated, using a humidifier, and getting enough rest, can help manage symptoms of allergies and sinusitis. It's important to work with a healthcare professional to determine the underlying cause and appropriate treatment plan for allergies and sinusitis.