

# New Guidelines Urge More Appropriate Antibiotic Treatment for Sinus Infections

(NAPSA)—An estimated 20 million Americans are diagnosed with acute bacterial sinusitis (ABS) each year. These infections, which may last for up to three weeks, usually occur as a late complication of the common cold. For many people, ABS can be a persistent problem—a recent survey funded by Bayer Pharmaceuticals Corporation found nearly two-thirds of ABS sufferers experience two or more attacks per year.

The goal of ABS antibiotic therapy is to clear the infection as quickly and completely as possible. However, the survey showed that about 40 percent of people were not relieved of symptoms such as nasal congestion and discolored discharge with their first antibiotic. Although 63 percent of respondents cited quick symptom relief as the most important attribute of antibiotic treatment, only 41 percent said they were “very satisfied” with their current antibiotic.

That’s not good news, especially since half of the 209 survey respondents characterized their symptoms as severe or painfully severe, 79 percent lost sleep and 37 percent missed at least one day of work. Cases of ABS that impact daily life in this manner and are not relieved with the first antibiotic prescribed are often diagnosed as “moderate sinusitis.”

Fortunately, a group of doctors are leading the way in identifying the most appropriate antibiotics for ABS. The Sinus and Allergy Health Partnership (SAHP) recently updated its ABS treatment guidelines. The new guidelines will help determine which antibiotics most effectively kill sinus bacteria, which may prevent complications and the eventual development of chronic, or repeated, ABS cases and decrease symptom length so patients can resume normal activities.

“A bacterial sinus infection is more likely to be wiped out quickly and completely when the most appropriate antibiotic is prescribed at the start of therapy. This approach will also help prevent additional infections and curb rising antibiotic resistance,”



## Survey finds many people with sinus infections do not find relief with their first antibiotic.

said Dr. James Hadley, Associate Professor Clinical Otolaryngology, University of Rochester Medical Center, New York.

The revised guidelines recommend fluoroquinolone antibiotics, such as Avelox® (moxifloxacin HCl), as first-line therapy for the treatment of moderate sinusitis due to susceptible organisms or for mild sinusitis in patients who have taken antibiotics in the previous four to six weeks.

“I can’t afford to stay ill for a long time, especially with two young daughters,” said Eileen Matarese of Norwalk, CT. “During a sinus infection, I was prescribed Avelox, which took the edge off my symptoms within two days. My symptoms improved within four days, and my infection has not come back since I finished the prescription.”

Treatment with Avelox may result in certain side effects that are usually mild, including nausea, diarrhea and dizziness. You should avoid taking Avelox if you have been diagnosed with an abnormal heartbeat (such as arrhythmia) or are taking certain medications to treat an abnormal heartbeat. Tell your physician about medications you may be taking. Your physician is the single best source of information regarding your health. If you’re prescribed antibiotics, always take the full course prescribed.

You can learn more about Avelox at [www.aveloxusa.com](http://www.aveloxusa.com) or by calling 800-288-8371.