

Sinus Pain *Awareness*

Finding Relief From Sinus Infections

(NAPSA)—A variety of new treatments for sinus infections offer relief for people who suffer from repeated infections.

Shelley Charlesworth is a good example of someone who tried a variety of treatments before finding some relief. Between 1970 and 1989, the school teacher would get one or two sinus infections a year. The culprit was thought to be allergic rhinitis (hay fever).

In 1989, every one of her colds turned into a sinus infection and her family physician prescribed a regimen of antibiotics and antihistamines. Although this cleared up the infections, more followed and Charlesworth was soon continually using antibiotics.

Finally, in 1992, her physician referred her to an otolaryngologist (also called an ear, nose and throat specialist or ENT).

The ENT had Charlesworth undergo a computed tomography (CT) scan, which revealed a deviated septum and a bone spur near her left sinus. Endoscopic sinus surgery was suggested to repair the septum and remove the bone spur. In March 1993, she underwent a complication-free surgery and felt great for seven months.

By 1993, she again started having sinus infections that were not responsive to antibiotic therapy. Another CAT scan disclosed the need for a second surgery to remove scar tissue. This treatment provided relief for six months,



A deviated septum, contributing to sinus problems, can be surgically corrected.

when the infections started up again.

A third surgery, known as a septoplasty, was performed in 1995 and after that surgery, Charlesworth started a maintenance regime of nasal irrigation, a mucous thinner, and a steroid nasal spray.

Today, Charlesworth continues to irrigate her nose, use a mucous thinner and a bronchial dilator. She also sees her ENT once a year.

She is still plagued by an occasional sinus infection but basic antibiotic treatment now provides relief.

"Now I can work. I can enjoy life. I appreciate every day," said Charlesworth.

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