



spotlight on health

Sinus Sufferers Don't Have To Put Up With The Symptoms

(NAPSA)—For the millions of Americans who suffer from sinus problems throughout the year, nasal and sinus symptoms impact daily life. In fact, a new survey of more than 1,000 consumers shows that one-third of sinus sufferers say they miss or cut short social outings or business engagements because of their symptoms.

It is draining to battle sinus symptoms such as congestion, coughing and sneezing, but, surprisingly, people are not putting up much of a fight. The majority of allergy sufferers (64 percent) do not do anything to relieve their symptoms, according to the survey. Sinus sufferers may be tolerating symptoms because more than two out of five of them say their sinus or allergy medication does not work.

“Sinus and nasal symptoms are not simply an inconvenience that you have to endure,” said Jay Youngerman, M.D., Chief of the Division of Otolaryngology, North Shore Hospital at Plainview and Long Island ENT Associates. “If left untreated, these symptoms can lead to infections or sinusitis.”

There is a natural, nonmedication option that is clinically proven to alleviate nasal and sinus symptoms. Large-volume saline nasal wash is a physician-recommended technique that gently rinses away allergens and excessive mucus that leads to irritation and infection. It is easy to cleanse the nasal passages using a squeeze bottle and several ounces of saline solution.

Studies show that NeilMed's Sinus Rinse, a large-volume saline



Treating allergy problems naturally could help cut your medication use and allow you to enjoy outdoor activities.

nasal wash using a squeeze bottle, effectively treats and soothes sinus symptoms. Sinus Rinse users experienced more than a 50 percent reduction in nasal and sinus symptoms, according to a study published recently in the Archives of Otolaryngology—Head & Neck Surgery.

“Saline nasal wash is an easy-to-use and effective method to remove allergens and reduce inflammation,” said Dr. Youngerman. “Daily saline nasal rinsing improves sinus-related quality of life and decreases the need for medications such as antibiotics in patients with frequent sinusitis.”

The telephone survey was conducted by Opinion Research Corporation's CARAVAN and was sponsored by NeilMed Pharmaceuticals, Inc.

For more information, visit www.allergysinustips.com.