

Health Trends

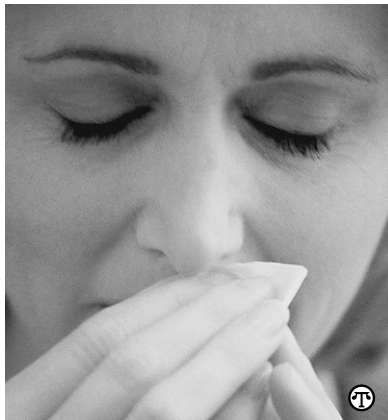
Survey: Sinusitis, Bronchitis Result In 30 Million Missed Workdays

(NAPSA)—If you have sinusitis or bronchitis, your office may be suffering, too. Together, these conditions account for more than 30 million missed workdays each year, according to a recent University of Pittsburgh survey. The bacterial infections occur most frequently during the cold and flu season.

“Increased prevalence of influenza may translate into an increase in bacterial infections, including sinusitis and bronchitis, as the flu often precedes these infections,” said Berrylin Ferguson, M.D., F.A.C.S., F.A.A.O.A., associate professor of otolaryngology at the University of Pittsburgh School of Medicine.

Dr. Ferguson said it’s wise to see a doctor if you experience symptoms of bacterial sinusitis, such as nasal congestion or yellow nasal discharge, with facial pain or pressure that worsen after four days or persist beyond seven days. Bronchitis symptoms can include shortness of breath, chest pain and chronic cough accompanied by phlegm or mucus 24 to 48 hours following the cough.

According to the nationwide survey of adults who suffered from sinusitis or bronchitis in the past 12 months, roughly 25 percent of sinusitis and bronchitis sufferers reported missing three or more workdays and another 23 percent missed one to two days of work. Sinusitis and bronchitis sufferers were more likely to miss leisure activities than work as a result of their illness.



HEALTHY IDEA—See a doctor if you experience symptoms of bacterial sinusitis or bronchitis.

In addition, the survey reported that 69 percent of sinusitis and bronchitis sufferers said they experienced quicker results when they took antibiotics, with 53 percent experiencing improvement one to two days faster with an antibiotic.

While viruses and colds usually run their course, bacterial infections, such as sinusitis and bronchitis, may require treatment with an antibiotic. Appropriate use of antibiotics prescribed by a doctor may help people get better faster.

The survey of 606 sinusitis and bronchitis sufferers was conducted in September and October 2004. The study was supported by an unrestricted educational grant from Abbott.

For more information about sinusitis or bronchitis, visit www.omnicef.com.