

Allergies And Bacterial Infection

(NAPSA)—Allergies are nothing to sneeze at. This allergy season seems to be shaping up as one of the worst in recent history, according to allergists across the country. While this may spell irritation in the form of itchy eyes, headaches and runny nose, it can also be even more. Allergies can cause bacterial infections, including sinusitis.

There are approximately 31 million cases of sinusitis reported every year. While not life-threatening, sinusitis can disrupt your lifestyle. People suffering from sinusitis miss an average of four days of work every year. Many sinusitis infections are viral and resolve on their own; they can not be treated with antibiotics. However bacterial sinus infections may require antibiotics to get better.

The symptoms of sinusitis can include nasal drainage or congestion, facial pressure, lessened ability to smell, fever, cough, fatigue and ear pressure. If you have these symptoms and they do not improve or worsen you may have a bacterial infection. Many antibiotics are highly effective against bacterial sinusitis, wiping out the infection so you can feel better and get back to your normal routine.

The Sinus and Allergy Health Partnership, a consortium of experts in treating upper respira-



Allergies can be more than just annoying; they can lead to other health problems.

tory infections, just released new guidelines to help doctors better diagnose and treat sinusitis infections. These guidelines outline the most effective antibiotic choices. If you have been diagnosed with bacterial sinusitis, talk to your doctor about choosing the most effective antibiotic, one that is recommended by the guidelines. Make sure to ask your doctor about convenient dosing options and antibiotics with extended spectrum.

For more information or if you think you may be suffering from a sinus infection, talk to your doctor.