

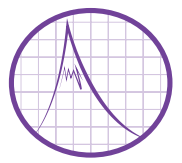


PEAK MEDICAL
SPECIALTY CENTRES



PEAK SLEEP
CLINIC

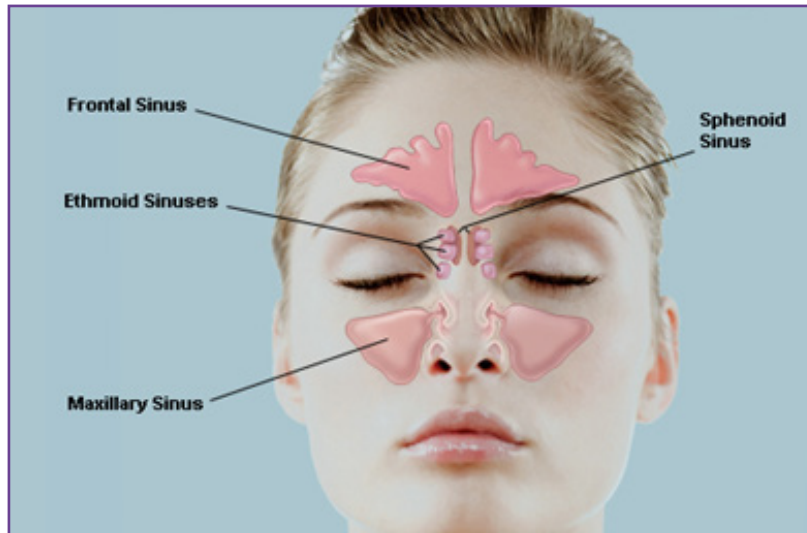
Local & Toll Free Telephone and Fax: 1-855-738-PEAK (7325)



PEAK PULMONARY
FUNCTION LABORATORIES

SINUSITIS

Formation:



Ethmoid and Maxillary sinuses develop before birth and are the size of a pea at birth. They develop fully by adolescence.

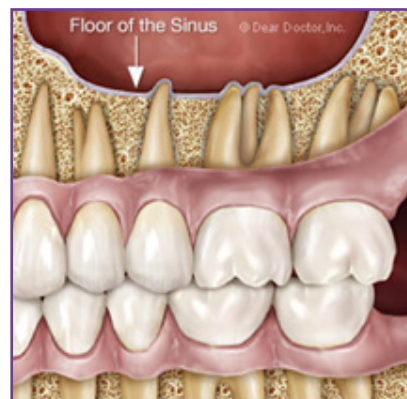
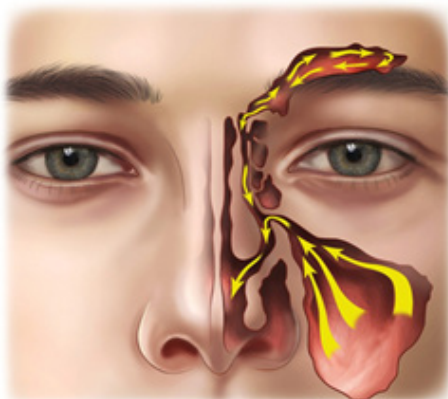
Sphenoid sinuses start developing by 2 years. They sit behind the Ethmoid sinuses. They reach full size by adolescence.

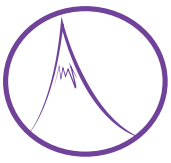
Frontal sinuses start developing at 4 years; they continue to grow until the person is 20.

Function:

Nose and Sinuses play an important role to ensure that the air we breathe is filtered, warmed and humidified before it gets to the lungs.

Drainage:

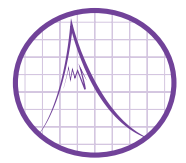




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Symptoms:

SIGN/ SYMPTOM	SINUSITIS (bacteria)	ALLERGY	COLD (virus)
Facial Pressure /Pain	Yes	Sometimes	Sometimes
Duration of Illness	Over 10-14 days	Varies	Under 10 days
Nasal Discharge	Whitish or colored	Clear, thin, watery	Thick, whitish or thin
Fever	Sometimes	No	Sometimes
Headache	Often	Sometimes	Sometimes
Pain in Upper Teeth	Sometimes	No	No
Bad Breath	Sometimes	No	No
Coughing	Sometimes	Sometimes	Yes
Nasal Congestion	Yes	Sometimes	Yes
Sneezing	No	Sometimes	Yes

Treatment:

Avoid irritants: e.g. smoke, dust, perfumes

Allergy

- avoid allergen
- nasal rinses, steroids, antihistamines, Singulair (monteleukast)
- immunotherapy

Virus

- nasal rinses, steroids, topical decongestants (Otrivan, Dristan)
- oral decongestants (eg Advil/Tylenol Cold and Sinus, Sinutab)

Bacteria

- nasal rinses, steroids
- antibiotics
- oral steroids

Acute – Lasts less than 10 days after onset of cold

Chronic – Lasts longer than 10 days after onset of cold