

## Sinus Survival

### Treat Allergies

#### **Avoid Allergens**

- Stay indoors on windy days when possible
- Use HEPA filter air purifiers in your work and home (change the filters regularly)
- Use high-quality filters on your AC/heater

#### **Saline Nasal Spray – Rinse and Repeat**

- Spray Saline Nasal Spray into each nostril often, wait a few seconds then blow your nose
- This action rinses allergens out of your nasal passages. The more you do this, the more effective.
- Do this especially after you have been outside and more often on windy days

#### **DHIST**

- DHIST is an excellent, well-studied herbal combination supplement
- In our experience personally and with patients, it actually performs BETTER than traditional anti-allergy medication like Zyrtec, Allegra, Claritin.
- We carry DHIST in the office and it can be ordered through Fullscript. Both have a blister pack option, so you can try it out before buying a big bottle.

### Sinus Congestion

#### **Saline nasal spray**

- Use frequently as above
- Add xylitol to break up “biofilm”. Spry and Xlear are the most popular brands. We carry a NOW brand product in the office.

#### **Push fluids**

- This keeps secretions loose.
- Improve hydration with an electrolyte solution and/or a salty broth like chicken broth
- The office carries Electrolyte Supreme by Jigsaw, but there are many good brands
- Avoid Gatorade-like products as the high sugar content can lead to diarrhea

#### **Pseudoephedrine – Pseudofed**

- Take the “real” pseudofed, not phenylephrine.
- You do not need a prescription, but you have to purchase directly from the pharmacy counter. The products on the floor only contain phenylephrine.
- This product can make it difficult to sleep. I recommend pseudofed during the day and Afrin at bedtime if needed. If your congestion is painful, then you may want to take the pseudofed despite the side effects.
- Pseudofed is very “drying”. Drink A LOT of fluids

#### **Sinatrol**

- This herbal product by Orthomolecular is very effective at reducing sinus congestion.
- This can be taken together with DHIST if applicable



## Sinus Congestion continued

### Silver Nasal Spray

Sometimes all that congestion leads to a secondary infection.

If you have been doing the above treatments for a few days and suddenly you are worse, start using silver nasal spray. I could go on and on about the benefits of silver. It is an anti-infective (viral, bacterial and fungal).

Make sure to only use Silver Hydrosol for most effectiveness. Sovereign Silver is available in most health food stores. We carry the professional strength in our office called Argentyn 23. Sovereign Silver has 10 parts per million and Argentyn 23 has 23ppm.

## Vertigo / Dizziness

- Dizziness or vertigo is a common results of allergies and sinus congestion.
- Treat allergies and sinus congestion.

## Sore Throat

- Sore Throat without illness is a frequent complaint in the Spring (and sometimes Fall).
- Treat allergies.
- Suck on lozenges for comfort as needed.

## Asthma

### Step Up Therapy

- If you have asthma, you will likely need to "Step-Up" therapy during your allergy season.
- Call/Text the clinic, if you find yourself coughing a lot especially if it is worse at night.
- Also call/text the clinic if you feel chest heaviness or if you are using your albuterol inhaler more than 2-3times weekly.

## Antibiotics

- Antibiotics are indicated when you have been having sinus congestion for >10days despite doing most or all of the above treatments---OR you take a sudden turn for the worse around 5-7days.
- If you have sinus congestion for 1-5days (even if it is SEVERE), it is likely viral. **The evidence around this is strong.** Antibiotics at this point cause more harm than benefit. Hang in there and do the recommended treatments for sinus congestion.
- A fever is rare with sinusitis, but if you start to run a fever >102 consistently, please call/text the clinic.