

# Acupuncture & Sinusitis

Dr. Stephanie Zarins DC

Sinuses are cavities within the skull that surround the nasal passage. Sinuses are responsible for warming and moistening the air before it enters the lung tissue. Sinusitis is an inflammation of the lining of the sinuses. It is estimated that, on average, adults experience three to four upper respiratory infections annually with roughly 1% involving sinusitis. Sinusitis can either be temporary (acute) or long-lasting (chronic).



Sinusitis symptoms tend to include a combination of the following:

- Fever
- Facial pain or tenderness
- Weakness
- Coughing
- Fatigue
- Cloudy, discoloured nasal drainage
- A cough that may be more severe at night
- Runny nose or nasal congestion
- Poor sense of smell
- Nasal stuffiness
- Sore throat
- Headache
- Ear aches
- Neck pain
- Postnasal drip
- Bad breath
- Sensitivity to light

## Causes of Sinusitis

Viral or fungal infections, damp weather, air pollutants, seasonal allergic problems or hay fever, can each lead to inflammation of the sinuses. As well, people with conditions that reduce immune function (e.g. HIV), or conditions with reduced mucus movement (e.g. cystic fibrosis) may experience sinusitis. Finally, sinusitis can be caused through the abuse of over the counter nasal sprays or illegal drugs.

For more information on how acupuncture can help your arthritic symptoms, contact :  
Dr. Stephanie Zarins DC



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