



7 PROVEN STEPS FOR BETTER SINUS HEALTH

If You Are Suffering From Headaches, Allergies,
Facial Pressure, Or Shortness Of Breath,
This Information Guide Might Just Help YOU Find Relief!

**How Can I Get Instant
Lasting Relief From My
Sinus Symptoms?**



SINUS SUFFERERS

Find instant relief that lasts.

If you suffer from headaches, cough, facial pain or tenderness, lack of energy, nasal congestion and discharge, sore throat and postnasal drip, loss of smell or bad breath, you are not alone.

Over 30 million people in the United States each year complain of sinus issues. Sinus infections are one of the most common reasons for a visit to a healthcare provider. One out of five antibiotics are prescribed for sinus sufferers in the United States.

Many times prescription drugs, or other methods only give temporary relieve from sinus pain.

If you've tried prescription drugs to relieve your sinus pain, and you are still suffering...you might have what is commonly referred to in medical terms as "sinusitis"

If you are looking for a better and quicker way to get long lasting relief, sinus surgery might be the solution for you.

The good news is that you don't need to suffer any longer.

Why?

Now, you can instantly solve your sinus issues with an in-office procedure called **Balloon Sinuplasty**.

You might be saying to yourself, "that sounds great, but what if I'm afraid of surgery?"

The great news is that Balloon Sinuplasty is a minimally invasive procedure that can be done in-office, so there is no need to go to the hospital. Most times there is only minimal discomfort, and recovery times are quick (often within 24 hours).

Balloon Sinus Dilation improves sinusitis symptoms an average of 70% for at least 24 months

How A Little Balloon Restores Sinus Drainage

Locate



Your Physician first locates the sinus area to be treated.

Place



The device is carefully positioned.

Dilate



Your Physician gently inflates the small balloon and dilates the treatment area to restore drainage. The balloon is removed from the treatment area.

Artwork provided by [Entellus Medical](#)

3 Easy Steps



WHAT EXACTLY IS BALLOON SINUPLASTY?

The procedure utilizes small balloons placed in key places in the nose and sinus, which are then dilated to expand the sinus pathways. It may be an effective, lasting option for some patients whose symptoms do not resolve with medication.

If you suffer from the symptoms listed before, you might be a good match for the Balloon Sinuplasty procedure.

The best way to find out is to book an appointment to have your sinuses checked by a sinus specialist.

You can get more information on how to book a consultation at the end of this guide.

And just in case you were wondering, you are not alone...

Did You Know That NFL MVP, Former St. Louis Ram, And Superbowl Champion Marshall Faulk Was A Long Time Sinus Sufferer, And He Had The Balloon Sinusitis Procedure To Relieve His Sinus Pain?

"It's crazy it was such a simple procedure to get done. Not a lot of time out...Not a lot of recovery time."

"When I think about how I feel now, it was an easy decision. If I had known about it earlier I would have got it done a long time ago..."

Marshall Faulk

NFL MVP, Superbowl Champion, Broadcaster
and former chronic sinusitis sufferer

**"BALLOON
SINUPLASTY
IS A
MUST!!,,**



Watch his video by clicking on the link below:

www.entandsleep.com/balloon-sinus-dilation

WHAT FORMER CHRONIC SINUSITIS SUFFERERS HAVE TO SAY:

Here's what other sinus sufferers like you have also said about the balloon sinusitis procedure



Sally

"My activities were limited with my sinusitis.....After the balloon sinuplasty procedure, I could smell smoke..I realized I could breath already after an hour or 2 after my procedure. Its been a year and half since the procedure and it feels great! I have not had recurring infections, I'm able to breath and sleep at night. I have no sinus pressure on my forehead."



Julie

"I never had a sinus infection and didn't realize how painful they were....I had lots of antibiotics and pain. The balloon sinuplasty made a lot of sense. I think its great and I think it will benefit a lot of people. This has been the best summer I've had in 10 years, I've been able to spend a lot more time with my family and ride my horse again..feels great!"

You don't need to suffer anymore. Now you can get instant relief for your sinus pain.
Watch his video by clicking on the link below: www.mwsinusandsleep.com/balloon-sinus-dialation

Is Balloon Sinuplasty Right For Me?

If You're Interested In Finding Out More About Balloon Sinuplasty
And Whether It's Right For You Call For An Appointment:

Midwest Sinus Sleep & Allergy Associates

618-816-0715

(mention this information guide when calling)

What If I'm Not Ready For The Balloon Sinuplasty Procedure?

If you don't feel that surgery is right for you at this time, you
might be able to get temporary relief of your sinus pain by
following the seven tips on the next few pages.



Keeping your nose and sinuses moist is good for sinus health.

1 **MOISTURE, MOISTURE, MOISTURE**

Drink Lots of Fluids

What and how much you drink can promote — or disrupt — good sinus health. Adequate hydration keeps the mucus flowing properly in your sinuses.


Drinking alcohol, especially red wine and beer, can also cause sinus pressure and congestion. Caffeinated drinks like coffee, teas, or sodas act as diuretics to increase the volume of fluids excreted by the kidneys. Avoid these beverages when you have sinus problems, and drink at least six glasses of water every day to help keep sinus mucus thin and mobile.

Humidify Your Indoor Air

A dry climate or heated indoor air dries out your nasal membranes. Dryness can result in crusting and cracking, and as a result, mucus isn't cleared as effectively, which may increase your risk of sinus problems.

Add humidity to your indoor air, and consider using a room humidifier in the bedroom from October until April. Your bedroom is the most important room in the house in which to keep a humidifier. Be sure to clean your humidifier daily, or it will become a source for sinus problems.

Apply a warm moist wash cloth to your face several times a day. This can help open up the nasal passages. Inhale steam two to four times a day. One simple way: Sit in the bathroom with the hot shower running.




Nasal saline irrigations are a simple yet effective way to treat and prevent sinus disease.

2 IRRIGATE YOUR NASAL PASSAGES

Many studies show that flushing out your nose and sinuses with lukewarm salt water can decrease sinus infections in people with chronic sinus problems.

Irrigate your nasal passages with a saline solution to remove allergens, irritants, and excess mucus. You may use over-the-counter saline sprays or kits, or make your own solution at home and use a nasal irrigation system such as a Neti pot or 8-ounce squeeze bottle. To make your own saline mixture, combine about 16 ounces (1 pint) of lukewarm water with 1 teaspoon of non-iodinated salt. Try adding 1/2 teaspoon of baking soda to buffer the solution to make it gentler on the nose. Place the mixture into a clean Neti pot or squeeze bottle. Place the spout or nozzle into your nostril and gently irrigate. The saline water will flow through your nasal cavity and out your other nostril. Blow your nose to get rid of remaining water. Repeat the steps for your other nostril.

It's important to note that, according to the CDC, if you are irrigating, flushing, or rinsing your sinuses, use distilled, sterile, or previously boiled water to make up the irrigation solution. It's also important to rinse the irrigation device after each use and leave open to air dry.



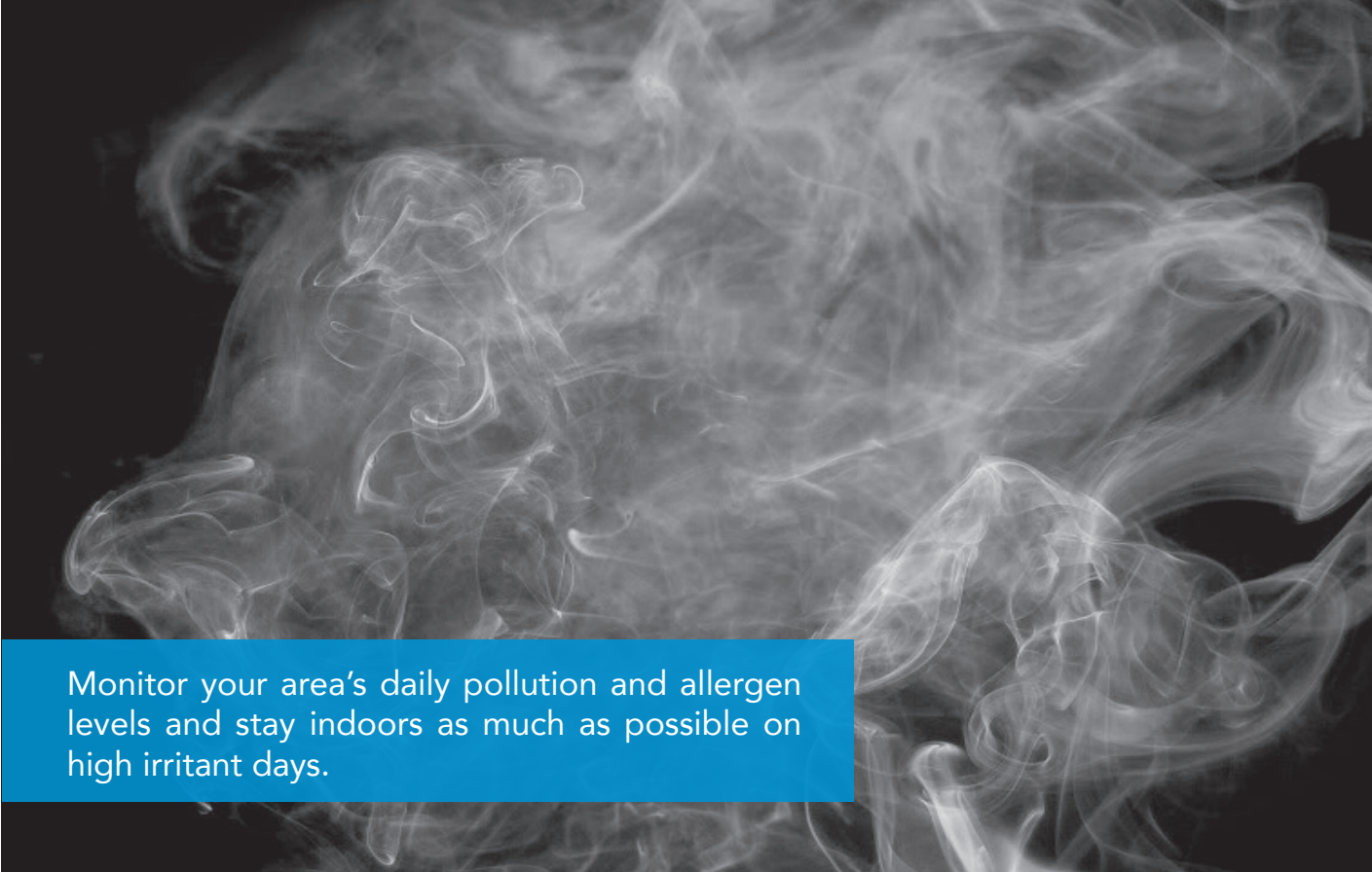
Wash your hands frequently to prevent spread of germs and infection.

3 GOOD HYGIENE FOR HEALTHY SINUSES

Sometimes, preventing the spread of sinus problems just requires some common sense about hygiene, like covering your mouth when you sneeze or cough.

Viruses and bacteria are the most common causes of sinus infection. Pathogens may get into your sinuses through droplets coughed or sneezed into the air by people with upper respiratory infections and can also travel into your nose when you touch your hands to your face.

Avoid close contact with anyone who has an upper-respiratory infection and wash your hands frequently with soap and water to prevent introducing an infection into your sinuses or spreading infection to someone else.



Monitor your area's daily pollution and allergen levels and stay indoors as much as possible on high irritant days.

4 AVOID ENVIRONMENTAL IRRITANTS AND ALLERGENS

Environmental Irritants

Contaminated air inside and outside your house can cause sinus problems. Pollutants and allergens may decrease the effectiveness of the mucus transport system in the nose and sinuses, which can result in swelling and congestion.

Cigarette smoke, cleaning products, hairspray, and any other material that gives off fumes are some of the common culprits. If you smoke, it's important to quit. Avoid others who smoke, or ask them to smoke outside. On high air pollution days, stay indoors if possible.

Allergies

Controlling common allergens can help some people diminish sinus pressure and congestion. For people with allergies, allergens like dust, mold, pet dander, and pollen can all lead to sinus problems. You can cut back on allergy-related sinus problems by using an air conditioner in your house and your car during warm weather and keeping windows closed during pollen season. Make sure pets stay out of your bedroom and cover your mattress and pillows in plastic to prevent exposure to dander and dust mites. In addition, wear a mask if you are working in moist areas to protect against mold.

Should you get a HEPA air filter for your bedroom or office? That depends on what irritates your sinuses. HEPA filters are good at removing airborne particles related to dust mites, pollen, and pet dander. But allergens don't just remain in the air. They can be found in your carpets, upholstery, and other areas. If your sinus problems are triggered by allergies, ask your doctor if a HEPA air filter makes sense for you.



My symptoms

Identification and treatment of the root causes of your sinus problems are an important part of preventative medicine.


5 DISCOVER AND TREAT THE UNDERLYING CAUSE OF YOUR SINUS PROBLEMS

Certain people are more prone to sinus problems, and if you are prone to frequent or chronic infections, it is always a good idea to find the root cause.

Anatomic issues such narrow sinus passages or a deviated nasal septum may contribute to frequent sinus obstruction. Nasal polyps can also grow in sinus passages and block drainage.

Because one of the most common causes of sinusitis is allergies, an important the first step in prevention should be defining your allergic triggers so you can avoid those factors. In most cases, good allergy management controls the frequency and severity of sinus infections.

Sometimes underlying medical conditions may predispose to sinusitis. Certain chronic diseases such as diabetes or autoimmune diseases may affect the immune system so that the body's natural defenses have difficulty fighting off a sinus infection. Treating the underlying condition may help prevent the sinus flare-ups.



Sometime OTC or prescription medications play an important role in prevention and treatment of sinusitis.

6 PREVENT AND TREAT SINUS PROBLEMS WITH MEDICATIONS

For some, medications can help control sinus symptoms.

Pain relievers and anti-inflammatory medicine available at drugstores can help ease the pain caused by sinus pressure. Be sure to read and follow the label and dosing instructions carefully. Don't use these medications for more than 7 days in a row without consulting with your doctor.

Decongestants may help reduce the swelling in your nasal passages and can help ease the stuffiness and sinus pressure. Decongestants are available in nasal sprays such as oxymetazoline (Afrin, Dristan, Duramist, Zicam), or phenylephrine (Neo-Synephrine, Sinex, Rhinall, and others), and in pills such as phenylephrine (Lusonal, Sudafed PE, Sudogest PE, and others), pseudoephedrine (Aleve-D, Sudafed, Zyrtec-D, and others). Don't use a spray for more than 3 days, and don't use an oral medicine for more than seven days. If you have high blood pressure or heart issues, check with your doctor before using decongestants.

Antihistamines may help if your sinus problems are related to allergies. Over-the-counter antihistamines include cetirizine (Zyrtec), chlorpheniramine (Chlor-Trimeton, Ahist), diphenhydramine (Benadryl, Genahist, and others), and loratadine (Claritin). If you have recurring allergy related sinus problems, talk to your doctor about getting an allergy skin test.

Intranasal or oral steroids decrease inflammation (swelling) and mucus production in the lining of the nose. Nasal steroids can also treat nasal polyps that often cause obstruction. Nasal steroids are available by prescription and include budesonide (Rhinocort), fluticasone propionate (Flonase), and mometasone (Nasonex).



If none of the last 6 tips resolve your sinus symptoms, or if your symptoms persist for 7-14 days you should seek a health care professional.

7 KNOW WHEN TO GET PROFESSIONAL HELP

After taking a medical history and conducting a physical examination, a health care professional should be able to diagnose whether you have acute or chronic sinusitis. They should also be able to help you discover the underlying causes of your sinus problems. For unrelenting symptoms, your healthcare provider may refer you to an otolaryngologist.

An otolaryngologist (ear, nose, and throat surgeon) is a specialist who treats chronic sinus conditions or frequent sinus infections. An otolaryngologist will be able to perform a thorough examination of your sinus anatomy with nasal endoscopy (a small scope attached to a camera that see deep into the nasal passages).

When medical management of sinus conditions fails to treat the condition, surgery may be an option. The goal of surgery, which is performed by an otolaryngologist, is to help the sinuses drain more efficiently, therefore preventing blockages. Most people experience a better quality of life following surgery for sinusitis. There are also innovative, **minimally invasive** in-office procedures that help open up the sinuses via balloon sinus dilation (balloon sinuplasty - this was discussed in the first part of this information guide).

Should You See A Physician About Your Sinus Issues?

YES! The only way to know if you would be able to get instant relief from your sinus pain is to see a trained sinus specialist.

The physicians at **Midwest Sinus Sleep & Allergy Associates** have extensive training and expertise in the field of rhinology and endoscopic sinus procedures. Our sinus specialist is one of the few physicians in the nation that is both board certified in otolaryngology as well as fellowship-trained in Rhinology and Endoscopic Sinus Surgery.

Midwest Sinus Sleep & Allergy Associates has been recognized as a National Center of Excellence in endoscopic balloon sinus dilation, and our specialists have lectured throughout the country training other ENT physicians to perform sinus surgery.

Additionally, our sinus specialists can provide the full-range of medical and surgical treatment options tailoring to the specific needs of the individual patient. With nationally recognized specialists, **Midwest Sinus Sleep & Allergy Associates** is able to offer patients an unparalleled level of service, utilizing state-of-the art technology and innovative treatments while maintaining a compassionate approach.

Our goal is to create an environment that best enables our providers and patients to interact; thereby facilitating more prompt diagnosis and treatment.

To schedule your consultation
with our sinus experts at

Midwest Sinus Sleep & Allergy Associates

contact us at:

618-816-0715

(mention this information guide when calling)

4 Convenient Locations

Mt. Vernon | Breese | Greenville | Highland

ABOUT MIDWEST SINUS SLEEP & ALLERGY ASSOCIATES

Midwest Sinus Sleep & Allergy Associates is dedicated to providing infants, children, and adults across the region with advanced, specialty evaluation and medical/surgical treatment of head and neck disorders.

Our provider team consists of highly-trained specialists, recognized for their clinical expertise in facial cosmetic and reconstructive surgery, sinus disease, hearing loss, and sleep disorders. Our medical spa provides surgical and non-surgical facial cosmetic care services. Our sinus center is recognized as a National Center of Excellence for In-Office Balloon Sinuplasty, which is a cutting-edge procedure that allows patients to resume same-day, normal activity. Our hearing center is staffed by doctors of audiology who are experts in hearing loss diagnosis and advanced hearing aid fitting. Our sleep center is designed to provide state-of-the-art sleep diagnostics in a tranquil, non-hospital based setting and surgical and non-surgical treatment options for sleep apnea and other sleep disorders.

Working closely with patients and their primary care providers, we develop comprehensive, high-quality treatment plans that are delivered in a compassionate manner.

Hear Life. Breathe Easy. Sleep Better. Live Beautifully.



Call today to book your consultation at **Midwest Sinus Sleep & Allergy Associates** at:

618-816-0715

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www.mwsinusandsleep.com

