



Sinus Relief with Less Pain

It is estimated that more than 37 million Americans suffer from [sinusitis](#) every year, making it one of the most common health conditions in the country. This disease accounts for one in every five antibiotics prescribed, and results in an average of four lost work days for every patient. These numbers may be significantly higher, since the symptoms of sinusitis often mimic those of allergies and cold and many afflicted never see a doctor for a proper diagnosis and treatment plan.

Traditionally, those who suffer from sinusitis have two routes to relief: antibiotic therapy and nasal sprays, or sinus surgery. When medications don't work and sinus surgery is not a desirable option, what is a patient to do? James Roth, M.D., an ear, nose and throat physician at [Horizon Medical Center](#) is one of the few physicians in the U.S. trained in a new treatment called [FinESS™ Sinus Treatment](#).



“FinESS is a less invasive, less painful alternative to traditional sinus surgery and an effective option for those whose symptoms do not resolve with antibiotics or nasal sprays,” said Dr. Roth. “It does not require [general anesthesia](#) and results in less bleeding and pain than existing surgical procedures because it offers direct access to the affected sinus without removing delicate bone and tissue. In most cases, the patient is able to resume normal activities the day of the treatment.”

Learn more about
FinESS™ Sinus Treatment

According to Dr. Roth, FinESS is a simple endoscopic treatment performed using a local anesthetic, with or without light sedation. Unlike other surgical procedures that enter the sinuses through the nose (which requires removal of bone and tissue to gain access to the affected sinus), the FinESS™ Sinus Treatment enables direct access to the sinus being treated through a small entry point under the lip. This shortens the treatment and recovery time and eliminates the need for general anesthesia.

What is sinusitis & how is it diagnosed?

Acute bacterial sinusitis is an infection of the sinus cavities caused by bacteria. It usually is preceded by a cold, allergy attack, or irritation by environmental pollutants. Unlike a cold, or allergy, bacterial sinusitis requires a physician's diagnosis and treatment with an antibiotic to cure the infection and prevent future complications.

There are four types of sinuses: The maxillary (behind the cheek bones), ethmoid (between

the eyes), frontal (in the forehead), and sphenoid (behind the eyes). All of these sinuses can be affected by sinusitis. The majority of sinusitis cases involve the maxillary and ethmoid sinuses.

Normally, mucus collecting in the sinuses drains into the nasal passages. When you have a cold or allergy attack, your sinuses become inflamed and are unable to drain. This can lead to congestion, pain, and infection. Because the symptoms of sinusitis sometimes mimic those of colds and allergies, you may not realize you need to see a doctor.

“FinESS is a less invasive, less painful alternative to traditional sinus surgery”

The symptoms of sinusitis include facial congestion or feeling of fullness, nasal obstruction or blockage, fever, nasal discharge, headaches, bad breath, fatigue, and dental pain. If you suspect you have sinusitis, review these signs and symptoms. If you suffer from three or more, you should see your doctor.

Diagnosis of acute sinusitis usually is based on a physical examination and a discussion of your symptoms. Your doctor also may use a CT scan or x-ray of your sinuses or obtain a sample of your nasal discharge to test for bacteria.

Chronic sinusitis is when you have frequent sinusitis (four or more infections in a year) or the infections persist for more than 12 weeks. These patients are candidates for sinus treatment or surgery when they do not see resolution of symptoms with antibiotics over time. FinESS™ Sinus Treatment is an ideal option for patients diagnosed with chronic sinusitis who do not achieve resolution with medication and do not want traditional sinus surgery.

Learn More for Your Health

- [Sinusitis Causes, Risks and Symptoms](#)
- [FinESS™ Sinus Treatment: Sinus Relief with Less Pain](#)