Sinusitis Cyst Infection

**Sinusitis cyst infection** or nasal polyps are common and are typically harmless. A cyst is an air or fluid filled closed sac that has a distinct membrane and connected to nearby tissues. “Nasal polyps or polypoidal masses are benign masses in the mucus membranes of the nasal passages and paranasal sinuses: overgrowths that typically arise out of the maxillary sinuses associated with various disease and exposure to chromimum.” Most cysts in the body are benign tumors and result from plugged ducts or body outlets for secretions. Nasal polyps are overgrowths in the mucosa and are referred to as polypidal masses that arise out of the mucous membranes in the paranasal sinuses.

**Causes**

Causation of nasal polyps is unknown but is suspected to be due to allergy, non allergic adult asthma and medical disorders like Churg-strauss syndrome and cystic fibrosis. Cysts are known to develop in the sinuses when a mucus secreting gland becomes blocked by inflammation or no apparent cause. There are two kinds of nasal polyps. The most common occurrence of nasal polyps are the ethmoidal polyps which develop in the ethmoid sinuses. Antrochoanal polyps are much less common and develop in the maxillary sinuses. Sinusitis, nasal block, secondary infection, and anosmia are common symptoms of sinus cysts or nasal polyps. Nasal polyps are problematic in that they block the nasal passages and create secondary infection, sinusitis, loss of smell (anosmia) and are found reoccur 70% of the time requiring surgery when steroids have failed to reduce the nasal mass.

Sinusitis is caused by trapped bacteria and mucus in the sinus cavity as a result of a cold or an allergy. The bacteria inside the sinus cavity become trapped when the sinus cavity opening is being attacked by bacteria, causing more inflammation in the entrance to the cavity and in the cavities themselves. The bacteria and mucus cannot escape the cavities by way of the cilia because the sinus opening is too inflamed. Nasal polyps are a cyst like growth that come from the sinuses and indicate the presence of sinusitis cyst infection. Patients usually will experience symptoms such a post-nasal drip, facial pain, cough, headache, fever, and congestion. When the infection lasts for more than twelve weeks it is considered chronic. Added symptoms may be loss of sense of taste and smell and the patient may become fatigued.

**Steroids**

A steroid, nasal or oral, will help with swelling in nasal membranes, nasal secretions, shrink nasal polyps, and provide an improvement in breathing due to the airways being opened up. Oral steroids are often the last step for sinusitis patients whose symptoms did not respond to the standard protocol of treatment and over the counter medications. Unlike spray decongestants, the benefit from the nasal steroid typically requires three to five days to open up the sinus passages. Side effects are minimal with nasal steroids as the amount absorbed through the mucus membranes is so miniscule that body functions
are not disrupted. Steroid nasal sprays are one of the largest prescribed medications worldwide with people taking them for decades without side effects. The only notable side effect is nose bleed and sinus irritation that occurs in one in five users usually developing from improper usage.

**Surgery**

FESS (functional endoscopic sinus surgery) is the keystone surgical treatment for sinusitis and nasal polyps. Fess is typically performed under local or general anesthesia, and lasts approximately two hours as an inpatient procedure. In traditional sinus surgery, an opening is made into the sinus. Although endoscopic surgery is widely performed, extreme care is required due to the close proximity of the paranasal sinuses to the brain and internal carotid arteries. Recovery from sinus surgery is experienced slowly with some normalcy taking place within a few days following surgery but complete recovery is not experienced for a few weeks to a month typically. In sinus surgery, only part of the inflammation and infection is cleaned out. Unfortunately, statistically those who receive sinus surgery experience a reoccurrence of the infection and the patient may often require another surgery.

Some treatments for sinusitis are much more effective than other treatments. Oral antibiotics are the most common form of treatment prescribed by physicians for acute and chronic sinusitis at this time although they are known to be marginally effective in treating sinus infections. Oral medications rely on the blood stream to deliver medication to the site of infection. However, it is due to the lack of blood vessels in the sinus cavity that the sinus cavity does not receive a proper dose of medication. The small amount of blood vessels results in an ineffective method for delivering the antibiotic to the sinus cavity. The sinus cavities are unique in comparison to other parts of the body as a result of the small amount of blood vessels in them. It is the lack of blood vessels in the sinus cavity which make it difficult for the antibiotic to get to the infection in the sinus area; there is little opportunity for the oral antibiotic to make physical contact with the sinus infection.

**Aerosol therapy aka Inhalation therapy**

Premier offers the most innovative treatment for sinusitis infection currently on the market with custom compounded antibiotics, anti-fungals, and anti-inflammatories that are delivered directly into the sinus cavities with a state of the art nebulizer that produces a pressurized aerosolized mist.

- Premier nebulizer emits a fine medicated mist with 3.2-micron particle size that can rapidly enter the inflamed sinus cavities, depositing medication and making contact with the infection directly.

- Premier treatment approach is painless and effective in treating sinusitis. Premier’s topical approach to treating sinusitis is particularly effective as
medications that are topically applied result in little to no side effects and ensure a low systemic absorption rate as well as reaching the site of infection unlike the other treatment methods prescribed.