

Wildfires and Record Pollen Levels Create Agony for Sinusitis Sufferers...

Mother Nature has been treacherous the past few weeks, especially if you have sinus problems. Cities across the nation are coated with a choking haze of pollen. Wildfires in the South and the West have blanketed those regions with thick, smothering smoke. On a good air quality day, an estimated 38 million plus Americans suffer from sinusitis, or inflammation of the sinuses that can cause excruciating pain, pressure and a seemingly endless stream of thick post-nasal drip. So toss a steady stream of air pollution into the mix and not only does the agony intensify for those who already have sinusitis, but even people who are normally 'healthy' wind up with ear, nose and throat problems.

Enter Dr. Murray Grossan, a board certified ear, nose and throat specialist and author of "The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose, and Throat Conditions" (Ballantine Books, 2007). Dr. Grossan has been treating sinusitis sufferers for more than 40 years and he's seen patients in utter agony because of the debilitating pain induced by sinus disease. While a perennial runny nose from sinusitis may seem like a minor ailment, left untreated it can lead to serious illness such as meningitis- an infection of the brain, and in some rare cases blood clots can form in veins around the sinus and affect the brain like a stroke.

"Most people simply don't see their doctor for a runny nose," says Dr. Grossan. "But if they have persistent 'brain fog' affecting the ability to think clearly, hoarseness, post-nasal drip, or sinus pressure that lasts for weeks, that's a big red flag alerting them that it's time to see a doctor. You can't just write it off as a cold; especially in children because it can lead to bronchial problems and asthma."

Because so many symptoms can be triggered by air contaminants, "The Sinus Cure" devotes an entire chapter to air quality and urges people to be cautious when faced with pollution issues. "Most people with sinusitis or asthma know that pollen and smoke- like we have covering parts of the country right now- can exacerbate their problems," says Dr. Grossan. "Even if you don't have an existing sinus or respiratory issue, you should avoid exposure to air pollutants. Fortunately, there are several steps you can take for relief, including nasal irrigation to literally keep your nose clean, and help the tiny hairs inside your nose called 'cilia' do their job—filter the air you breathe. Putting a HEPA room-sized air filter in your bedroom can also work wonders."

Dr. Grossan hopes to show people how to treat sinus disease through a "treat the whole person" approach that avoids the overuse of antibiotics. In fact, overuse is such a problem that up to one-fifth of prescriptions for adults is written for a drug to treat sinusitis according to researchers at the University of Nebraska Medical Center.

"Sinusitis and allergies are worse today than before the antibiotic age," says Dr. Grossan. "Many patients believe antibiotics are the only remedy to cure their sinus problems but they're wrong. My new patients come to me having had the latest antibiotics, yet they're still sick and they depend on us for relief. This has forced us to develop some innovative approaches to curing sinusitis."

Among those approaches, learning what foods can help heal sinus disease—and which to avoid. For example, alcohol, chocolate and dairy products are among those Dr. Grossan recommends avoiding. He also says cold drinks are the number one culprit for turning minor postnasal drip into a major sinus headache. "No matter what you drink, do not drink it cold," says Dr. Grossan. "However, sipping hot drinks, such as hot tea can help drain your sinuses and allow you to breathe easier."

"The Sinus Cure" covers the gamut of ear, nose, and throat issues from the impact of stress, the underdiagnosis of 'cough asthma' to the current strategies in drug treatments and new surgery options for sinusitis. After treating thousands of patients, Dr. Grossan's dedication to curing sinusitis will bring relief to millions, including those who are seeking help dealing with seasonal air pollution.

Book Available at: Amazon and most book stores

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About the Author

Dr. Murray Grossan has been a board certified ear, nose, and throat specialist for more than 40 years. He currently practices at Cedars-Sinai Medical Center in Los Angeles. Dr. Grossan has specialized in treating patients who can't take ordinary drugs or have failed standard treatment. His successful non-drug method of using pulsatile nasal irrigation is detailed in The Sinus Cure. Dr. Grossan's Hydro Pulse Nasal/Sinus Irrigator was also featured in Time magazine's "Best Inventions."