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By: Winston C Vaughn, MD
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## ALLERGY SEASON: Allergic Rhinitis & Sinusitis

### Allergies?

And so it begins. The sneezing, the itchy, runny nose. Nasal congestion, sinus pressure, coughing, sore throat, fatigue and headache. Its... allergy season! Right now you might be thinking, 'why me?' Allergies are very common; some are elicited via the environment, and some are the result of a genetic predisposition.

### Why does it happen?

When you come in contact with an allergen (something that triggers an allergy), your body releases chemicals, including histamine. This results in allergy symptoms such as swelling, itchy eyes, mucus production, and congestion.

### How can I know for sure if I suffer from allergies?

A physical exam and an analysis of the history of your symptoms are important for diagnoses. Allergy testing may be done to determine the specific substances that trigger symptoms.

### What Can Be Done?

The most obvious way to avoid aggravating your allergies is to avoid the triggers, or causes, that elicit symptoms. For most people, this is not enough. Thankfully, several medications are available to treat seasonal allergies and allergic rhinitis. These include antihistamines, corticosteroids, decongestants, allergy shots and leukotriene inhibitors.

*(continued on reverse)*

## Managing Sinusitis:

Nebulization of antibiotics in management of sinusitis

By: Winston C Vaughn, MD

There is a new approach for the topical administration of prescription antifungals, antibiotics, and anti-inflammatory medications for sinusitis: nebulization. Chronic sinusitis is one of the most common diagnoses, and most patients remain symptomatic following first line treatment. These infections are associated with increasing antibiotic resistance, gram-negative organisms, and fungi, and often require combination therapies over longer treatment courses.

A review of current literature investigating topical sinonasal medication delivery is promising. Delivering medications at high concentration to the area of interest, with increased efficacy with decreased side effects is an ideal outcome for patients suffering from sinusitis. Nebulized medication delivery is easy for patients to deliver, and initial studies have demonstrated good safety and efficacy in sinusitis.

*(continued on reverse)*

## Allergy Season (continued)

### So what's new?

Health Dimensions offers compounded sterile sinus irrigations as well as nebulized medication delivery. Treatment options for allergies, sinusitis, nasal polyps, and post-operative care.

### Traditional Treatments

Traditional treatments for chronic sinusitis include chronic oral and intravenous antibiotic use, as well as sinus surgery. Intranasal nebulized medications have become a widely prescribed treatment for the medical management of sinusitis.

### Compounded Options

Specifically compounded medications for nasal inhalation in the treatment of chronic infectious sinusitis, fungal sinusitis, chronic hyperplastic sinusitis, allergic rhinitis as well as the perioperative period for patients undergoing sinus surgery. There are two important factors that affect nebulized medication delivery to the sinuses: optimal particle size, and the formulation for the selected medications.

Health Dimensions Compounding Pharmacy is equipped with the expertise and tools to tailor your sinus irrigation and nebulized medication needs so you can feel better, faster.

Source: The New York Times: Allergic Rhinitis

## Managing Sinusitis (continued)

Scheinberg and Otsuji studied 41 patients with chronic and recurrent acute infections after surgery. They were treated for 3 to 6 weeks and then compared pre- and post-treatment for symptoms associated with sinonasal infection. It was reported that 83.9% of patients experienced an excellent or good response to treatment.

Another study examined the use of sinus nebulization in 42 patients with chronic sinusitis. Patients were offered alternative treatments including oral, nebulized, and intravenous routes. The patients were treated with home-based nebulization 15 minutes, twice a day, with compounded levofloxacin, ceftazidime, ciprofloxacin, tobramycin, ofloxacin, and gentamicin.

The authors found statistically significant improvements after nebulization with respect to symptoms of post-nasal discharge, thick nasal debris, facial pressure pain, and emotional consequences.

New medical management techniques for acute exacerbations of chronic rhinosinusitis - Keith J. Wahl, MD, and Alan Otsuji, PharmD

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**For more information on compounded sinus treatments, or a referral to a doctor who specializes in allergies, call us at 800-836-2303.**

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### Quercetin

Naturally found in onions, quercetin is a mast cell stabilizer and a powerful natural flavonoid. Quercetin has been shown to inhibit certain compounds that typically affect sinus and respiratory health.

### Stinging Nettles Leaf

Studies have shown stinging nettles have demonstrated both promising mechanisms and clinical results for supporting nasal passageway health. While further study is needed, trials have shown stinging nettles demonstrated measurable differences vs. placebo after only one week.

### Bromelain

A strong pineapple enzyme, bromelain has proven mucolytic properties. As such, bromelain supports normal mucousal tissue function and enhances the absorption of quercetin.

### N-Acetyl L-Cysteine (NAC)

An amino acid that is a natural mucolytic, NAC reduces the viscosity of mucus. Studies have shown individuals have been treated effectively without side effects when given NAC.



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