

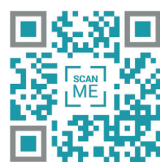


# Got Sinusitis? THINK SALINE

The updated AAO-HNSF adult sinusitis guideline shows nasal saline irrigation may reduce symptoms, decrease medication use, and improve quality of life for adult patients with acute or chronic sinusitis.

*There are many over the counter saline solutions available, but patients can make their own saline solution at home:*

- 1 quart (4 cups) boiled or distilled water
- 1 teaspoon baking soda
- 1 teaspoon non-iodized salt



Ask your doctor for more information or visit:  
[www.entnet.org/adultsinusitisCPG](http://www.entnet.org/adultsinusitisCPG)

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