

WORLD SINUS HEALTH AWARENESS DAY

SEPTEMBER 13



GLOSSARY OF TERMS

Acute Bacterial Rhinosinusitis (ABRS, commonly known as Acute Sinusitis)

Acute rhinosinusitis that is caused by, or is presumed to be caused by, bacterial infection. A clinician should diagnose ABRS when symptoms or signs of acute rhinosinusitis fail to improve within 10 days or more beyond the onset of upper respiratory symptoms, or symptoms or signs of acute rhinosinusitis worsen within 10 days after an initial improvement (double worsening). Acute rhinosinusitis may last up to four weeks and is defined as discolored drainage from the nose plus either a stuffy, congested or blocked nose or pain, pressure or fullness in the face, head or around the eyes as described below.

- Purulent nasal discharge is cloudy or colored, in contrast to the clear secretions that typically accompany viral upper respiratory infection, and may be reported by the patient or observed on physical examination.
- Up to 4 weeks of purulent nasal drainage (anterior, posterior, or both) accompanied by nasal obstruction, facial pain-pressure-fullness, or both.
- Nasal obstruction may be reported by the patient as nasal obstruction, congestion, blockage, or stuffiness, or may be diagnosed by physical examination. Facial pain-pressure-fullness may involve the anterior face, periorbital region, or manifest with headache that is localized or diffuse.

Acute Bacterial Sinus Infection

An acute bacterial sinus infection is one that either fails to get better within 10 days or has suddenly gotten worse after an initial period of getting better. Acute bacterial sinus infection lasts less than 4 weeks.

Allergic Fungal Sinusitis

Allergic fungal sinusitis (AFS) is a common type of fungal infection in the sinuses. The infecting fungi are found in the environment and cause an allergic reaction which results in thick fungal debris, sticky mucus and blockage of the infected sinus. Patients with AFS may have allergies, nasal polyps and may have asthma.

Allergic Rhinitis

Allergic rhinitis, also known as hay fever, occurs when your body's immune system over-responds to specific, non-infectious particles such as plant pollens, molds, dust mites, animal proteins, chemicals, foods, medicines, insect venom, and other triggers. During an allergic attack, a special antibody (fighting protein), called IgE, attaches to cells that release histamine and other chemicals in the lungs, skin, and the mucous linings of the body. These chemicals open the blood vessels and produce skin redness and swollen membranes. When this happens in the nose, sneezing, itching, runny nose, and congestion occur.

Anosmia

Anosmia is the lack of sense of smell.

Chronic Rhinosinusitis

Twelve weeks or longer of two or more of the following signs and symptoms:

- mucopurulent drainage (anterior, posterior, or both),
- nasal obstruction (congestion),
- facial pain-pressure-fullness, or
- decreased sense of smell.

AND inflammation is documented by one or more of the following findings:

- purulent (not clear) mucus or edema in the middle meatus or anterior ethmoid region,
- polyps in nasal cavity or the middle meatus, and/or
- radiographic imaging showing inflammation of the paranasal sinuses.

Chronic Sinus Infection

A chronic sinus infection is when 2 or more symptoms and swelling lasts for 12 weeks or longer.

Common Cold

Most frequently caused by rhinovirus, the common cold typically lasts for 7-10 days and resolves with supportive care. If cold symptoms last for more than 7-10 days, or the patient experiences a worsening of symptoms, or starts to feel better but then symptoms return or worsen, then a bacterial infection is suspected.

Dysgeusia

Dysgeusia is a condition where a person's perception of taste is altered; everything seems sweet, sour, bitter, or metallic.

Endoscopic Sinus Surgery (ESS)

Endoscopic sinus surgery is a minimally invasive surgical procedure used to remove blockages in the sinuses. These blockages can cause sinusitis, in which the sinus mucous membranes swell and become blocked, causing pain, drainage and impaired breathing.

Fungal Sinus Infection

A fungal sinus infection is one that is linked with chronic symptoms. Fungal sinus infections usually occur with people who have weak immune systems. Fungal sinus infections can also occur with people who have used long-term antibiotics. Fungal sinusitis is a broad term used to describe various situations when fungus might be involved in the cause or symptoms of nasal and sinus inflammation.

Hyposmia

Hyposmia is a decreased sense of smell, or a decreased ability to detect odors through your nose.

Nasal Irrigation Device (Neti Pot)

These devices use a saline, or saltwater, solution to treat congested sinuses, colds and allergies. They're also used to moisten nasal passages exposed to dry indoor air. Please refer to this August 4, 2021, U.S. Food and Drug Administration (FDA) Consumer Update on proper use.

<https://www.fda.gov/consumers/consumer-updates/rinsing-your-sinuses-neti-pots-safe>

Nasal Polyps

Nasal polyps are noncancerous growths of the tissues that line the nose and sinuses. These growths are often shaped like teardrops and form in groups.

Post-Nasal Drip

Mucus is normally swallowed unconsciously, but when there is a feeling of the mucus gathering in the throat or dripping from the back of your nose, it is called post-nasal drip.

Recurrent Acute Rhinosinusitis

Four or more episodes per year of acute bacterial rhinosinusitis (ABRS) without signs or symptoms of rhinosinusitis between episodes.

Recurrent Bacterial Sinus Infection

Recurrent bacterial sinus infections are when an acute sinus infection occurs 4 or more times in a 1-year period.

Rhinitis

Rhinitis is a condition that typically involves nasal obstruction or congestion, runny nose or post-nasal drip, itchy nose, and/or sneezing. Rhinitis may occur before a case of sinusitis or with sinusitis, a condition where infection or inflammation affects the sinuses. If you have facial pressure, decreased sense of smell, or a greenish-yellow nasal drainage, you may also have sinusitis. A qualified ENT (ear, nose, and throat) specialist, or otolaryngologist, can provide a thorough evaluation and appropriate treatment for your nasal/sinus condition. There are various causes for these symptoms, although they are broadly divided into two types:

- allergic rhinitis (nasal symptoms related to allergy)
- non-allergic rhinitis (nasal symptoms that are not related to allergy)

Rhinosinusitis

Rhinosinusitis, also called sinusitis, affects about 1 in 8 adults annually and generally occurs when viruses or bacteria infect the sinuses (often during a cold) and begin to multiply. Part of the body's reaction to the infection causes the sinus lining to swell, blocking the channels that drain the sinuses. This causes mucus and pus to fill up the nose and sinus cavities.

Sinuses

Sinuses are hollow spaces in the bones around the nose that connect to the nose through small, narrow channels. The sinuses stay healthy when the channels are open, which allows air from the nose to enter the sinuses and mucus made in the sinuses to drain into the nose.

Sinus Infections

Sinus infections can be caused by viruses, bacteria, or fungi. A viral sinus infection has similar symptoms as bacterial infections but improves within 10 days and does not get worse. A bacterial sinus infection is defined by how long the symptoms last. The 3 types are acute (short course), recurrent (repeated), or chronic (long lasting).

Smell Retaining Therapy

Smell retraining therapy (SRT) is a treatment for loss of smell, also referred to as hyposmia or anosmia. It can be used to help return your sense of smell if it was lost during a viral infection or minor head trauma.

Turbinate Hypertrophy

Turbinate hypertrophy refers to an excessive growth or enlargement of the turbinates, which are bony structures located inside the nose. They are covered with a special skin called mucosa, and they help filter, warm, and humidify the air as you breathe.

URI (Upper respiratory infection)

Upper respiratory infection is also known as the common cold. Colds happen when a virus irritates (inflames) the lining of the nose and throat. Colds can be caused by more than 200 different viruses. But most colds are caused by rhinoviruses.

Viral Rhinosinusitis (VRS)

Acute rhinosinusitis that is caused by, or is presumed to be caused by, viral infection. A clinician should diagnose VRS when symptoms or signs of acute rhinosinusitis are present less than 10 days and the symptoms are not worsening.

References:

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