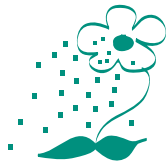


Common Sense in **ALLERGY & ASTHMA**



Robert E. Coifman, M.D.
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ALLERGY & ASTHMA
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*Individually customized allergy
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Get Serious about Sinus Disease and Allergy

In the 2007 US National Health Interview Survey 15% of Americans reported chronic sinusitis or rhinosinusitis (inflammation of the nose &/or sinuses). Antibiotics may be effective for occasional acute infections but are much less so in chronic and recurrent disease. When normal sinus drainage channels are blocked bacteria grow in retained secretions. Your nose is open to every germ in the air so when an antibiotic kills susceptible bacteria your nose is colonized by resistant ones. They get into sinuses which open into the nose. When those sinuses are obstructed, you get a drug-resistant infection.

Sinus congestion usually has multiple causes. Allergy is often one. Others must also be identified and managed to give the best outcomes with the lowest risk of side effects and the lowest cost of care. Simple life style changes often make major differences in ease of disease control.

In last month's on asthma we discussed how an allergist who thinks like a good engineer can solve problems like a good engineer, with better results at lower long term cost. Need we say more?

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