



慢性鼻窦炎

症状、起因及治疗的方法

此讲义为您解释了慢性鼻窦炎、它的症状、起因及治疗的方法。

什么是慢性鼻窦炎？

鼻窦炎是鼻腔和鼻窦腔内的炎症。**慢性鼻窦炎（CRS）**是指，鼻窦发炎、肿胀 3 个月或更长时间。

复发性急性鼻窦炎是指吃药后炎症消失，但经过一段时间内没有症状后、却又再复发。

如患慢性鼻窦炎（CRS）就可能有以下的症状：

- 面部疼痛或胀痛，通常在眼睛、脸颊、鼻子或前额周围。
- 鼻子流黄色或绿色的液体
- 鼻塞或用鼻子呼吸困难
- 嗅觉或味觉的变化
- 牙齿或牙龈疼痛
- 耳内有胀压或不舒服的感觉



慢性鼻窦炎会导致疼痛及面部的胀痛。

引起慢性鼻窦炎（CRS）的原因是什么？

我们不能确定是什么原因导致慢性鼻窦炎（CRS）。它通常于 20 至 40 岁之间开始，但它也可以发生在任何时间发生。

慢性鼻窦炎（CRS）的原因之一可能是免疫系统过度活跃。對於某些人來說，這可能與過敏原（導致過敏反應的物質）有關。樹、草和雜草的花粉是常見的過敏原。

其他可以 "引发"慢性鼻窦炎（CRS）的因素包括：

- 抽烟
- 病毒、细菌、或真菌的孢子
- 化学物质或污染

了解更多关于慢性鼻窦炎的**信息**：

请上美国耳鼻喉科-头颈外科学会的耳鼻喉健康网站。

www.enthealth.org/conditions/sinusitis/

如您已有鼻窦问题的倾向，当接触到一个诱因后，一次炎症的循环就开始了。首先是鼻塞、流鼻涕及肿胀。进而导致细菌感染，使炎症和肿胀更加严重。

如何**诊断慢性鼻窦炎（CRS）**？

- **鼻内窥镜检查**：医疗提供者可以通过做**鼻内窥镜**来检查鼻子和鼻窦。在这个简单的过程，将一个**内窥镜**放置在鼻孔中。内窥镜是一个细而灵活的软管，末端有一个微型摄像头和一盏灯。做鼻内窥镜检查可能会引起一些不适，但不应该有疼痛感。
- **电脑断层扫描**：医疗提供者可能会要求做**电脑断层扫描（CT）**。这种扫描可以显示我们观察鼻子无法看到的鼻窦区域。

如何**治疗慢性鼻窦炎（CRS）**？

目前还没有已知的治疗慢性鼻窦炎（CRS）的方法，但有一些方法可以治疗症状。

药物和治疗

为了减轻肿胀和炎症，医疗提供者可能会开出以下处方：

- **抗生素**，治疗细菌感染
- **类固醇**药物，口服或鼻腔喷剂
- 稀释粘液的药物
- 用盐水（**生理盐水**）冲洗鼻子
- **抗组胺药**或**免疫治疗**针剂或滴剂，治疗过敏症。

外科手术

如尝试其他治疗后、慢性鼻窦炎（CRS）仍未消失或好转，医疗提供者可能会建议做手术。如需要，可能会使用**CT扫描**来帮助引导手术。

获得**最佳的效果**

- 了解病情。如对慢性鼻窦炎（CRS）或护理计划有疑问，请咨询您的医疗服务提供者。
- 坚持遵循医疗提供者的指示。当严格遵循护理计划时，即可获得最佳效果。

本讲义中的信息经授权由美国鼻科学会的“什么是慢性鼻窦炎？”，改编。版权所有，2015年。

您有**疑问**吗？

我们很重视您的疑问、如您有疑问或顾虑、请致电您的医生或医务人员。

耳鼻喉科/头、颈外科：
206.598.4022

Chronic Rhinosinusitis

Symptoms, causes, and treatments

This handout explains chronic rhinosinusitis, its symptoms, what causes it, and how it is treated.

What is chronic rhinosinusitis?

Rhinosinusitis is inflammation within the nose and sinus cavities. In *chronic rhinosinusitis* (CRS), the sinuses are inflamed and swollen for 3 months or longer.

Recurrent acute sinusitis is inflammation that goes away when you take medicines, but returns after you have not had symptoms for a while.

If you have CRS, you may have:

- Pain or pressure in your face, often around your eyes, cheeks, nose, or forehead
- Yellow or greenish drainage from your nose
- Stuffy nose or problems breathing through your nose
- Changes in your sense of smell or taste
- Tooth or gum pain
- A feeling of fullness or discomfort in your ears



Chronic rhinosinusitis can cause pain and pressure in your face.

What causes CRS?

We do not know for sure what causes CRS. It usually begins between the ages of 20 to 40, but it can occur at any time.

One cause of CRS may be an overactive immune system. For some people, this may be related to *allergens* (substances that cause an allergic reaction). Tree, grass, and weed pollens are common allergens.

Other things that can “trigger” sinus inflammation include:

- Tobacco smoke
- Viruses, bacteria, or fungal spores
- Chemicals and pollution

To Learn More About Chronic Rhinosinusitis

Visit the ENT Health website by the American Academy of Otolaryngology-Head and Neck Surgery:

www.enthealth.org/conditions/sinusitis/

If you are predisposed to sinus problems and are exposed to a trigger, a cycle of inflammation begins. It starts with nasal congestion, drainage, and swelling. This may lead to a bacterial infection, which makes the inflammation and swelling worse.

How is CRS diagnosed?

- **Nasal endoscopy:** Your provider may check your nose and sinus by doing a *nasal endoscopy*. During this simple procedure, an *endoscope* will be placed in your nostril. An endoscope is a thin, flexible tube with a tiny camera and a light on the end. A nasal endoscopy may cause some discomfort, but it should not be painful.
- **CT scan:** Your provider may ask you to have a *computed tomography* (CT) scan. This scan shows areas of your sinuses that we cannot see by looking into your nose.

How is CRS treated?

There is no known cure for CRS, but there are some ways to treat the symptoms.

Medicines and Treatments

To lessen swelling and inflammation, your provider may prescribe:

- *Antibiotic* medicines, for bacterial infections
- *Steroid* medicines, taken by mouth or sprayed into your nose
- Medicines to thin mucus
- Flushing your nose with salt water (*saline*)
- *Antihistamines* or *immunotherapy* shots or drops, for allergies

Surgery

Your provider may advise surgery if your CRS does not go away or get better after trying other treatments. CT scans may be used to help guide the surgery, if needed.

For Best Results

- Learn about your condition. If you have questions about CRS or your care plan, ask your provider.
- Always follow your provider's instructions. You will get the best results if you closely follow your care plan.

Information in this handout has been adapted with permission from "What Is Chronic Rhinosinusitis?" by The American Rhinologic Society, copyright 2015.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Otolaryngology/Head and Neck Surgery Center:
206.598.4022