

慢性鼻窦炎

症状、原因和治疗

本手册介绍了慢性鼻窦炎、其症状、病因以及治疗方法。

什么是慢性鼻窦炎？

鼻窦炎是指鼻腔和鼻窦腔内的炎症。慢性鼻窦炎 (CRS) 患者的鼻窦会发炎肿胀，持续 3 个月或更长时间。

复发性急性鼻窦炎是指服药后炎症会消退，但在症状消失一段时间后又会上复发。

如果您患有 CRS，您可能会出现以下症状：

- 面部疼痛或压迫感，通常出现在眼周、脸颊、鼻子或额头周围
- 鼻涕呈黄色或绿色
- 鼻塞或呼吸困难
- 嗅觉或味觉改变
- 牙齿或牙龈疼痛
- 耳部胀满或不适



慢性鼻窦炎可能会导致面部疼痛和压迫感

是什么原因导致 CRS？

我们尚不清楚 CRS 的具体病因。它通常始于 20 至 40 岁之间，但也可能随时发生。

慢性鼻窦炎 (CRS) 的原因之一可能是免疫系统过度活跃。对某些人来说，这可能与过敏原 (引起过敏反应的物质) 有关。树木、草和杂草花粉是常见的过敏原。

其他可能“引发”鼻窦炎症的因素包括：

- 烟草烟雾
- 病毒、细菌或真菌孢子
- 化学物质和污染

了解更多关于慢性鼻窦炎

访问美国耳鼻咽喉头颈外科学会耳鼻喉健康网站：
www.enthealth.org/conditions/sinusitis/

如果您易患鼻窦疾病，并且接触到诱因，炎症循环就会开始。它始于鼻塞、流鼻涕和肿胀。这可能导致细菌感染，从而加剧炎症和肿胀。

如何诊断慢性鼻窦炎 (CRS)?

- **鼻内镜检查:** 您的医生可能会通过鼻内镜检查您的鼻子和鼻窦。在这个简单的过程中，医生会将鼻内镜放入您的鼻孔。内镜是一根细而灵活的管子，末端装有微型摄像头和灯。鼻内镜检查可能会引起一些不适，但应该不会疼痛。
- **CT 扫描:** 您的医生可能会要求您进行计算机断层扫描 (CT)。这项扫描可以显示我们通过鼻子无法看到的鼻窦区域。

如何治疗慢性鼻窦炎 (CRS)?

目前尚无已知的慢性鼻窦炎 (CRS) 治疗方法，但有一些方法可以治疗其症状。

药物和治疗

为了减轻肿胀和炎症，您的医生可能会开具以下处方：

- *抗生素药物，用于治疗细菌感染*
- *类固醇药物，口服或喷入鼻腔*
- *稀释黏液的药物*
- *用盐水冲洗鼻子*
- *抗组胺药或免疫疗法注射剂或滴剂，用于治疗过敏*

手术

如果您的慢性鼻窦炎 (CRS) 在尝试其他治疗方法后仍未消退或好转，您的医生可能会建议手术。如有需要，CT 扫描可用于指导手术。

为了获得最佳效果

- 了解您的病情。如果您对 CRS 或您的护理计划有任何疑问，请咨询您的医生。
- 始终遵循您的医生的指示。如果您严格遵循护理计划，您将获得最佳效果。

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疑虑?

您的问题很重要。如果您有任何疑问或担忧，请致电您的医生或医护人员。

耳鼻喉科/头颈外科中心：

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.

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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