

ONLY \$1.49



# Woman's World

God Bless America

A great week made

No-t  
tree

Find your work-fro

Foods that Beat fatigue

Stre sol

Your pe Housep



Your Good Health

## Tired? Irritable? Headachy? It could be your sinuses!

Good news! Although sinusitis is the nation's number-one chronic health problem, a few simple steps can go a long way toward easing the misery. All it takes is . . .

### 1 Knowing the secret symptoms

Sinusitis doesn't just cause nasal discharge or a cold that won't quit. Fatigue, irritability, headaches—even toothaches and sleep troubles—can be signs of the infection, says Jordan Josephson, M.D., of Lenox Hill Hospital in New York. If you keep suffering any of these symptoms, ask your doctor about using a steroid nasal spray, such as Flonase or Nasonex. Alone or with an antibiotic, these meds dampen inflammation, easing symptoms and speeding recovery.

### 4 Showering in the a.m.

Before antibiotics became commonplace, inhaling steam was the main treatment for opening up infected sinuses and promoting drainage—and for good reason: It works, says Dr. Josephson, author of *Sinus Relief Now*. To kick-start sinus healing in as little as 72 hours, researchers advise inhaling soothing steam for 15 minutes each morning either in the shower or by leaning over a hot bowl of water with a towel draped over your head.

**Did you know?** Patients with unexplained chronic fatigue are nine times more likely to have sinusitis than those who feel rested, according to a Georgetown study.

### 2 Trying the condiment cure

Horseradish, hot salsa, wasabi . . . any super-hot condiment that makes your eyes open wide and your nose run can drain your sinuses faster than a decongestant spray. Pick your favorite, and enjoy a generous amount in food twice daily until your symptoms clear.

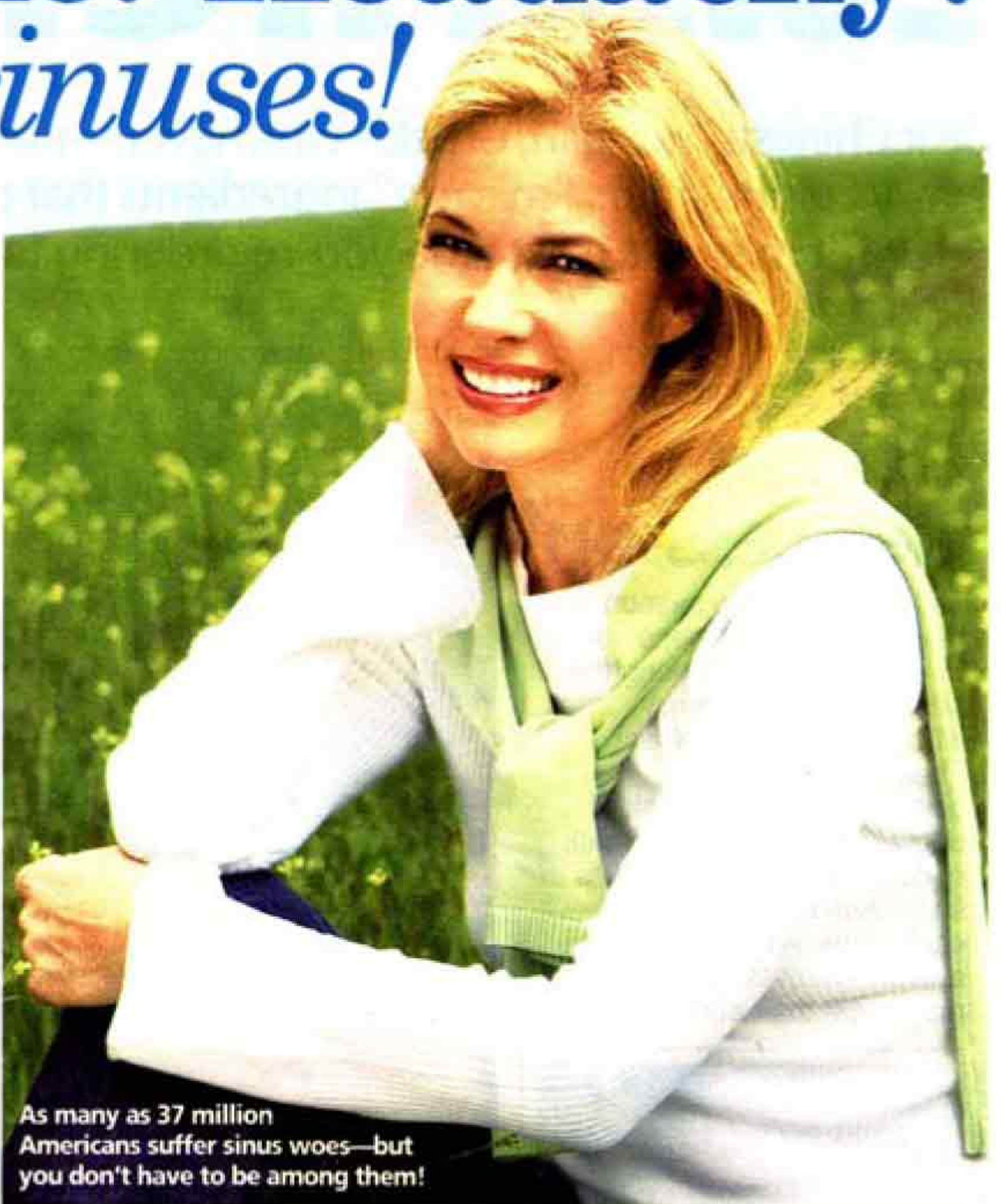
### 3 Avoiding strong scents

Sinus infections can be worsened by any kind of allergen, and new research finds that perfume and cigarette smoke are two of the top troublemakers.

discomfort, try holding a hot, damp facecloth to your cheeks and forehead for 15 minutes.

### 5 Striding away from symptoms

A daily dose of exercise can help cure your sinus struggles by boosting production of adrenaline, an energizing hormone that also shrinks swollen sinus membranes, says Brent Senior, M.D., chief of sinus surgery at the University of North Carolina School of Medicine at Chapel Hill. In fact, a high-energy, 20-minute workout can open up your sinuses as quickly and effectively as a dose of Sudafed!



As many as 37 million Americans suffer sinus woes—but you don't have to be among them!

### 6 Touching your fingers and toes

Surprising studies suggest a simple foot and/or hand massage can cut facial pain from swollen sinuses as much as 50%! Touch stimulates the nerve pathways that boost blood and oxygen flow to the sinuses, reducing congestion and soothing overactive pain nerves, experts explain. **To do:** Firmly massage your feet and/or hands for five minutes, two to three times daily.

### 8 Healing with this herb

Stinging nettle (also known as *urtica*) is a powerful anti-inflammatory that helps clear sinuses by increasing the production of bacteria-killing white blood cells—within 48 hours! Concentrations of the herb vary widely, so follow package directions for dosage. (As always, check with your doctor before taking any new supplement.)

—Brenda Kearns

### 7 Scrubbing the right spots

Sinus woes just won't quit? You may be reacting to mold spores in your home. A recent study found that all houses harbor mold—and the highest concentrations in 80% of homes are found on windowsills and under kitchen sinks. Luckily, the solution is simple: Scrub those spots once weekly with diluted bleach or a cleaning product that contains it.

### How do you spell relief?

Treating heartburn may relieve your sinusitis! Stomach acid that washes up the throat can easily reach the sinuses, irritating and drying

out their lining and making them vulnerable to infection. Fortunately, taking heartburn medication can cure sinusitis for 60% of patients.



Photos: Food Pix/Jupiter Images; Brand X Pictures/Media Bakery; Barry Austin/Getty Images; Michael A. Keller/Masterfile; Emily Call/Shutterstock; Sergey Laurentev/Shutterstock.

Our expert: Harvard Medical School.

**Time to call the doctor?**

The following are red flags that a sinus infection is getting out of hand, and that antibiotics are likely needed:

- ✓ You're in severe pain
- ✓ Your fever is over 101°F
- ✓ You notice facial swelling
- ✓ You're experiencing vision changes