

## Treating Sinusitis

The most frequently used treatments for chronic sinusitis are medical therapies, nasal irrigations, allergy treatments, immune support, and/or sinusal surgery. New exciting medicated biomaterials will soon be available for treatment of sinusitis. The goal of these therapies is to reduce sinonasal inflammation and obstruction to facilitate normal mucus flow. Sinonasal surgery consists of delicate, functional endoscopic surgery with associated technologies.

### Balloon Sinuplasty

Balloon Sinuplasty devices represent a new, minimally invasive technology in the opening of blocked sinuses. In many cases, this can be done without tissue or bone removal, allowing for reduced bleeding and faster recovery times.



- Step 1.** Gain access to the sinus
- Step 2.** Inflate balloon across ostium
- Step 3.** Remove balloon and irrigate sinus

### Image-Guided Surgical Navigation

Image-guided systems are used to aid the surgeon in confirming the location of critical structures in the head. This is especially helpful when the interior of the nose and sinuses is distorted by unusual anatomy or prior surgery.

## Treating Allergy

Allergy treatments include avoidance of allergens, medical therapy, allergy shots, and dietary modification. Surgical procedures such as polyp removal, inferior turbinate reductions, sinus irrigation, and straightening of the nasal septum can increase the effectiveness of allergy treatment.

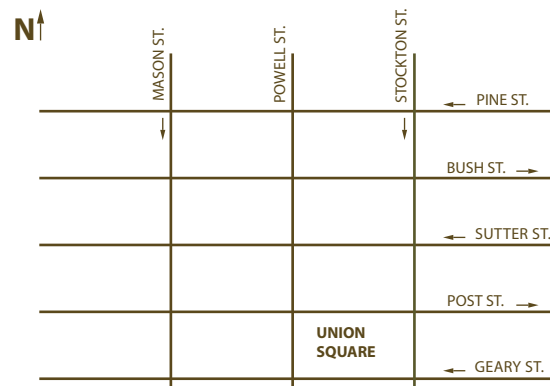


## SF Institute of Sinus and Allergy

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*Parking is available under 450 Sutter Street or at the Sutter-Stockton Garage*

SF Institute of Sinus and Allergy is located in the heart of San Francisco. Just one block away from Union Square, we are easily accessible by public transportation.

**BART:** Exit at Powell Street station and walk four blocks north.

**MUNI:** Served by many major bus routes including 38 Geary, 30 Stockton, 1 California, 2 Clement, 3 Jackson, and 4 Sutter. For light rail, take Powell Street stop and walk 4 blocks north.

**Cable Car:** California, Powell-Hyde, and Powell-Mason



# SF Institute of Sinus and Allergy

*Providing ear, nose, and throat care since 1940*

## What is Sinusitis?

Sinusitis is an inflammation of the sinus lining most commonly caused by bacterial, viral, and/or fungal infections. Structural issues such as blockage of the sinus openings are often another factor. If the sinus opening is closed, normal mucus drainage may not occur. This condition may then lead to infection and inflammation of the sinuses.

### Common symptoms include:

- Facial pain, pressure, congestion, or fullness
- Nasal obstruction or blockage
- Discharge of discolored mucus from the nose
- Discolored post-nasal drainage
- Loss of the sense of smell

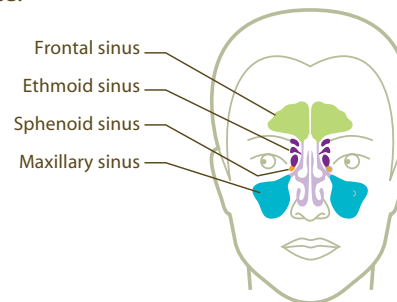
## What is Allergy?

Allergy is a form of hypersensitivity that triggers an inflammatory response to normally harmless environmental substances. It is associated with many disorders such as chronic sinusitis, post-nasal drip, and asthma.



## What are Sinuses?

Sinuses are air-filled pockets in the areas surrounding the nose. There are four paired sets of sinuses on either side of the face.



## Diagnostics

The Institute of Sinus & Allergy is unique for offering on-site CT scanning.

### The MiniCat™ CT Scanner

The MiniCat is a compact computed tomography (CT or CAT) scanner for sinus and ears that gives doctors instant, high-resolution, 3D images as part of the patient's examination.



MiniCAT™ is a trademark of Xoran Technologies®, Inc.

### Nasal Endoscopy

A fiberoptic scope is used during the patient examination to evaluate the internal nasal and sinus anatomy. Nasal endoscopy also allows targeted sinus cultures. It can be useful in diagnosing conditions such as infections or polyps.



### Allergy Skin Testing

A small amount of the suspected allergen is placed on or below the skin to see if a reaction develops. A blood test may also be performed to identify if antibodies produced in response to a certain allergen are present.