

Bryan D. Leatherman, M.D., FAAOA

Ear Nose and Throat Specialist

Head and Neck Surgeon



WWW.Coastalent.info

Sinus and Allergy Tips

1. Do I have a cold or a “sinus infection”?

Viral rhinitis (colds), sinus infections, and allergies can have similar symptoms. Viral rhinitis typically has symptoms that worsen over 5 days, and by 10 – 14 days are resolving. If symptoms are not improving by 10 days, a bacterial sinus infection may be the cause. Allergy symptoms are more prolonged, or have predictable triggers or seasons. When in doubt, or if you are not a better by two weeks, come see us at the Coastal Sinus and Allergy Center, so we can help you achieve relief of your nasal symptoms.

2. How do I know if I have a sinus infection?

Sinus infections affect approximately 37 million Americans each year, and are especially common in the winter months. Crowds, dry air, too-busy lifestyles, cold and flu epidemics and fatigue from long hours at work can all contribute to the problem. If undiagnosed or under-treated, sinusitis can become chronic.

You could suffer from sinusitis if you have:

- Symptoms more severe than usual
- Facial pain or severe headaches
- Prolonged, colored nasal drainage
- Severe nasal congestion
- Fever and weakness

Acute sinusitis often lasts longer than 10 days and typically causes more symptoms than an ordinary cold.

If you think you have a sinus infection, call Coastal Sinus and Allergy Center today. We can help you make relief a reality.