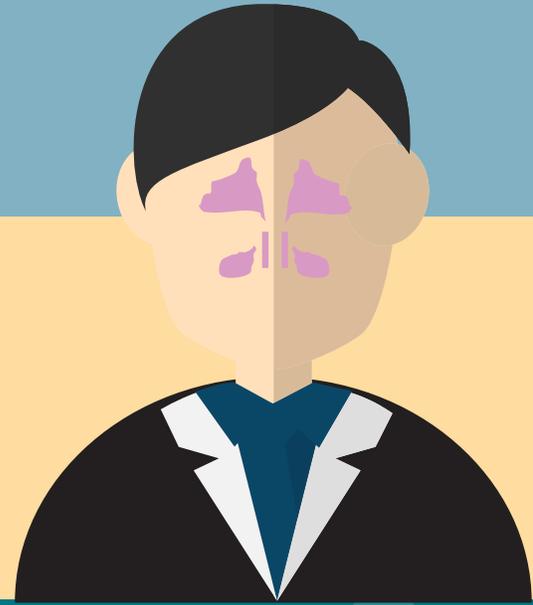


# CRS

## CHRONIC RHINOSINUSITIS

### Patient Information



## What is CRS?

Chronic Rhinosinusitis (CRS) is inflammation of the sinus or nose.

- Sinusitis: Swelling or inflammation of the lining of the sinus.
- Rhinitis: Swelling or inflammation of the lining of the nose.

## What are the symptoms of CRS?

### Symptoms of sinusitis include:

- Pain or pressure in the forehead, nose, and between the eyes
- Headache
- Nasal stuffiness and discharge
- Reduced sense of smell and taste
- Cough, which may be worse at night

### Symptoms of rhinitis include:

- Sneezing
- Runny or stuffy nose
- A tickle in your throat caused by postnasal drip (mucus from the nose mixes with saliva and drips to the back of the throat)



## What causes CRS?

Sinuses are air-filled spaces in the bone behind your cheeks, eyebrows, and jaw. Most of the time mucus is able to drain out and air is able to flow through them. When sinuses become blocked and filled with fluid, germs such as bacteria, viruses, and fungi can grow and cause a sinus infection.



Allergic rhinitis can be caused by seasonal factors, such as pollen, or perennial causes, like dust mites, animal dander, or mold. Occupational rhinitis can be caused by an allergic reaction to substances present in the workplace, such as grain, wood dust, chemicals, construction materials, solvents, and fumes from decomposing organic material.

# How is CRS diagnosed?

Your doctor will check your sinuses, nose, and throat to diagnose CRS.



## How is CRS controlled?

- Using saline nasal sprays or inhaling steamed water from a pot or vaporizer can reduce inflammation and sinus congestion.
- Medications include antihistamines, decongestants, and steroid sprays in the form of nasal sprays, oral pills, and eye drops.
- Your provider can help identify potential triggers in your environment and develop a treatment plan.

Fever, pus drainage, and worsening symptoms may be signs of an acute rhinosinusitis infection. Please call your provider to determine next steps.



## Lifestyle modifications

**Avoid allergens. Some examples are:**

- **Pollen:** Shower before bed to wash off pollen and other agents on your hair and skin.
- **Dust or dust mites:** Vacuum regularly with a machine that has a high-efficiency particulate air filter.
- **Mold:** Remove houseplants and frequently clean shower curtain, bathroom windows, damp walls, and indoor trash cans.
- **Pet Dander:** Use allergen resistant bedding, bathe your pet frequently, and use an air filter.



This information is intended for general reference only and is not a substitute for professional medical advice.



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