

# Factors Contributing to Sinusitis

It is a well known fact that anyone at some time or another suffers from some form of symptoms like a runny nose, moderate headache or itchy eyes. For some this may create to sinusitis or rhinosinusitis. In the USA alone some believe 40 million people suffer from at least one episode of acute sinusitis each year. There are many factors contributing to this particular.



## Viral Infections

Virus is a very small infectious organism. It lives and reproduces by attaching to a cell that can be transmitted from person to person. Thus, they are contagious. The first body safety is the skin. Viruses can not get in unless there is an open wound. The mucous membranes in our nose also known as our natural air-filter will be our own second body protection against viruses. The body immune system will be the third barrier of protection. Vaccines are available for viral diseases such as measles, chickenpox and mumps but unfortunately absolutely no vaccine is yet effective against common chilly. Colds are viral infections that often result in a bout of sinusitis.

## Bacterial Infections

Bacteria tend to be single-celled organism that exist in many forms within our environment. That is so widespread that it is estimated that each square centimetre of human skin contains about 100,000 of them. There are many types of bacteria and the better known one is called the bacilli. They thrive well in moist and warm surroundings.

## Fungal Infections

Fungi are living plant-like organism. Just like bacteria, they can break down several kinds of organic and natural substances and they grow in damp places like between our own foot or within our sinuses. So fungal infections are likely to attack a person who is actually ill and hypersensitive to it.

## Air Pollution

Air pollution has become a major problem in this generation where many nations are trying to compete for resources in order to modernise their establishments. It has since been responsible for a long list of respiratory problems including rhinosinusitis. The actual mucus created in the nose and sinuses is designed to trap harmful particles, nonetheless because the air around us is indeed saturated with contaminants that it causes inflammation and swelling of the nose.


## Smoking

Smoking is a no-no-no for those at risk of sinusitis. The actual sinuses and nose tend to be layered with small hairs called cilia and with the mucous with the correct speed helps the actual sinuses stay clear of contaminants and toxic compounds in a timely manner. Smoking slows down the sweeping action of the cilia allowing the mucous to accumulate at the sinuses. As it starts to become thick as a result it blocks the nose and may develop to chronic cough.

## Climate

Because fungi flourish inside comfortable, wet problems, very hot, humid climates in many cases are a problem for those who find themselves allergic to molds.

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***Gear Up For a Sinusitis-Free Winter!** Get ready and protect your sinus health when the mercury drops this particular winter. One of the most common health conditions through the cold season is sinusitis, an inflammation and an infection of the sinus cavities. Do you suffer from...*

## Swimming and Diving

Swimming and diving in polluted water is a high risk for those who suffer for rhinosinusitis. Individuals with very sensitive or even reactive sinus mucus filters can cause inflammation within the nose. The change in air pressure during diving may trigger a nose attack.

## Foreign Objects Put in the Actual Nose

Dust collected and deposited in toys and other objects like the curtains, carpets and blankets can provoke sinusitis. Wash and clean them often to prevent bad smelling.

## Excessive Nose Blowing

Excessive nose blowing can push mucous which is now polluted with bacteria in to the sinuses. As a result, people who blow their nose too often may increase the risk of developing bacterial rhinosinusitis.

## Allergies

Allergies are a hypersensitivity or perhaps a reaction of the immune system. Toxic stimulants such as plant pollen, mites, tobacco smoke, animals, insects, food and drugs can bring about sinusitis. Symptoms include itchy eyes, sneezing, sinus stuffiness, nasal congestion as well as headache.

You can find out more about how sinusitis and chronic sinusitis can impact you click here from <http://tinyurl.com/36m7q27>

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