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New Sinus Surgery Operation– Sinuplasty

By Walter Ballenberger

A new sinus surgery procedure has emerged in recent months. It is called sinuplasty, and it is

similar in concept to angioplasty. That is, a small balloon is inserted into the sinus passages of the patient, the balloon is inflated, then deflated, and then removed. It is claimed that the passage will remain open for some time because of the small malleable bones in the part of the head where the sinuses are located. The theory is that once the balloon is withdrawn, these bones have been moved slightly and will remain in place. If this in fact proves to be true by follow–up tests and studies, this would undoubtedly be an interesting option for many sinus sufferers.

It is claimed that there is little pain in the sinuplasty procedure. I personally have had two

<http://www.postnasalddrip.net/sinusitis>

operations, and the pain and discomfort involved in each was

substantial. After the first operation my nose was "packed". That is, a large amount of gauze was placed in each nostril to stop bleeding and help start the healing process. Thus, all breathing has to be done through the mouth for the week or so that the gauze stays in the nose. It is very difficult to eat like this, because one cannot swallow food and breathe at the same time. Removing the gauze was another painful experience. The ENT specialist said that "this will feel like I'm pulling your brains out". He was right, and that is exactly what it felt like. With regard to pain, I feel that I'm willing to tolerate it if going through the pain will accomplish something. In the case of my two sinus operations, I was still coming down with infections afterwards, so all the pain was really for nothing.

There are no long–term, scientific studies yet to show how effective the operation is. Several are under way, however, and it will be interesting to see the results. One study of 100 patients is due to be released in September, and another with 80 participants should be released subsequently. I personally don't recommend sinus surgery to people because it seems that even if there are positive results, they only last a short time. I've heard of people having had 4 or 5 sinus operations, and one wonders what operation number 5 might accomplish that numbers 1–4 did not. The anecdotal stories of people who had suffered from chronic sinusitis and tried sinuplasty are encouraging, however. The

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ABC evening news ran a story about the procedure not long ago, and they interviewed a person who said her results were immediate and excellent. In any case I would recommend trying pulsating nasal irrigation with a saline solution before any surgery procedure, but if sinuplasty proves to be effective in the long term, this may be an excellent option for many sinusitis sufferers. If one has polyps, however, it should be noted that sinuplasty will not be an option, as the polyps will need to be removed by invasive surgery.

The sinuplasty procedure was invented by a doctor who himself had severe sinus problems, and he had the thought that something analogous to the angioplasty balloon procedure might be applicable in the sinus cavities. He is now producing and selling the medical device which is used in the procedure, and this has recently been approved by the FDA for use in operations. Only about 100 doctors in the U.S. have been trained to do this operation so far. The results of the studies mentioned above will no doubt influence if some of the over 350,000 traditional invasive sinus surgeries performed each year in the U.S. can be changed to this non–invasive variety.

Walt Ballenberger is founder of

PostNasalDrip.net

. The site has articles and info, including a blog

about sinus problems and solutions.

Your Prescription For Sinus Headache Relief

By Ashish Jain

"Prevention is better than cure." Well said and well understood! But there are certain types of headaches, which are part and parcel of you; gifted to you by birth! Sinus headache is one of them, unfortunately.

Many say about sinus, "that which can not be cured, must be endured!" You can control it, reduce its impact. Can it be ever eradicated? The answer is in the negative, as far as the present day medical research can take you!

In sinus, invariably you have the headache, but every headache is not sinus! Sinus and nasal passage problems are the cause of headache, mostly! It is not that you have pain in the sinus area and you need to conclude that you have a sinus disorder. When the nasal passage and sinus are inflamed, it can result in a severe headache. In acute chronic sinus, the intensity of headache varies with the severity of the sinus. Sinus patients complain about many other problems. The sinus patient is more likely to experience:

1. Chills and fevers
2. Swelling of face
3. Nasal stiffness
4. Tension in the upper teeth, which will give lots of pain
5. Or, yellow or green discharge.

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If you are suffering from sinus, you must live a controlled life, and must remain highly disciplined, with regard to the diet. There are strict laws as far as do's and don'ts are concerned! Singers will have to take special care about maintaining the vocal chords of their throats! Sinus remains ever ready to sabotage their plans.

Pranaayama and Yoga asanas go a long way in controlling and curing the sinus headache! Regular light exercise must be done and tough and heavy exercises need to be avoided. The use of steam vaporizer must become the part of your life, if you detect the sinus! Develop the habit of morning walk. Do not walk too briskly or too slowly, and avoid too chilly or too hot days. Breathe moist air.

Sinus and headache are two different problems. When they club together and make a joint attack on you, your only defense is to find out the root cause of their arrival and then check them. So far, it has not been possible for the medical science and research, to defeat the sinus headache. But to erect barricades in its onward march is certainly possible!

Ashish Jain writes about a number of different topics. For more information on headache visit

<http://www.headacheupdates.com>

and for additional articles on headache visit the articles page:

<http://www.headacheupdates.com/index.html>

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