



News Release

American Academy of Otolaryngology—Head and Neck Surgery

Working for the Best Ear, Nose, and Throat Care

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This Holiday Season Give the Gift of Health

Ear, Nose, and Throat Doctors Say Common Sense and Good Habits Can Deliver Healthy Sinuses

Alexandria, Va. – While sore throats and stuffed noses can be like coal in your stocking, practicing a few simple rules can allow you to give the gift of sinus health to loved ones and co-workers this holiday season.

- **Know what you're dealing with:** Stuffed noses aren't the only indicator of sinus trouble; sore throats and ear infections are often the result of poor sinus health, and can be prevented through good health habits.
- **Wash your hands:** The biggest way to catch or pass along the bug that causes prolonged sinus problems is through dirty hands. Make it a habit to wash regularly before and after venturing out into public places.
- **Don't ask for antibiotics but do discuss reoccurring sinus problems:** Many cases of congestion that result in sinus issues are viral in nature, and get better without antibiotics. In fact, using antibiotics when they're not needed can build up a resistance that can make them less effective in future cases where they're actually necessary. An otolaryngologist (ear, nose, and throat doctor) can help determine the cause of your ailment, and determine the best remedy.
- **Start the treatment process at home:** Saline nasal sprays that moisturize the nasal cavity can reduce dryness and help clear thick or crusty mucus. Humidification (moisturizing the air) of living spaces in dry climates will also aid the movement of mucus through the sinuses
- **See a specialist:** A visit to an otolaryngologist for your sinus pain will determine if you have an infection requiring an appropriate antibiotic. They can also determine if you require intensive medical or surgical treatment for a condition such as chronic sinusitis or a nasal obstruction, which may require sinus surgery.

Reporters wishing to speak with an otolaryngologist about holiday health can contact Matt Daigle at 703-519-1563, or at newsroom@entnet.org.

About the AAO-HNS

The American Academy of Otolaryngology – Head and Neck Surgery (www.entnet.org), one of the oldest medical associations in the nation, represents more than 12,000 physicians and allied health professionals who specialize in the diagnosis and treatment of disorders of the ears, nose, throat, and related structures of the head and neck. The Academy serves its members by facilitating the advancement of the science and art of medicine related to otolaryngology and by representing the specialty in governmental and socioeconomic issues. The organization's mission: "Working for the Best Ear, Nose, and Throat Care."

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