

## **Rhinitis and Sinusitis**

Source: American Academy of Allergy, Asthma and Immunology

**Rhinitis** is an inflammation of the mucous membranes of the nose. Symptoms include:

- Sneezing
- Itchy nose, roof of the mouth, throat, eyes and ears
- Runny nose
- Congestion
- Watery eyes

Seasonal allergic rhinitis (or hay fever) is caused by allergens like mold and pollen.

Some people have symptoms of rhinitis no matter what the season. This is called perennial allergic rhinitis. It can be caused by allergens such as animal dander, indoor mold, dust mites and cockroaches.

**Sinusitis** is a painful, long-lasting inflammation of the sinuses. Sinuses are the hollow cavities around the cheek bones found around the eyes and behind the nose.

Symptoms of sinusitis include:

- Congestion
- Green or gray nasal discharge
- Postnasal drip
- Pressure in the face
- Headache
- Fever
- A cough that won't go away

Sinusitis is common in the winter. It may last for months or years if it is not properly treated. Colds are the most common cause of acute sinusitis, but people with allergies are much more likely to develop sinusitis than people who do not have allergies.

If you think you have rhinitis or sinusitis, you should talk to an allergist/immunologist - a doctor with special training to manage allergies and asthma. An allergist can help you develop a treatment plan.