

Sinus Care for Good Health

How compounded sinus therapy can help you get and stay well



Compounded medications can offer great benefits to patients. Unlike mass-produced medications, your compounded prescription is tailored exactly to your needs, and can target your precise symptoms. Acute and chronic sinus infections can include facial pain and pressure, nasal discharge, nasal congestion, loss of smell, and coughing. While some sinus infections are acute and may last for a few days, chronic sinusitis can last for weeks and generally occurs more than once a year for most patients.

Common Causes For Sinusitis:

Acute (short term) sinusitis, commonly experienced once a year

- Common cold
- Seasonal allergies; allergic rhinitis
- Food allergies
- Bacteria or viruses spread from one person to another
- Fungal exposure
- Dry nasal/sinus passages (due to environment, medications or nutrition)

Chronic (long term) sinusitis, commonly experienced multiple times throughout the year

- Structural abnormalities, i.e. deviated septum
- Immune/auto-immune deficiencies
- Cigar/cigarette smoke environment
- Nasal/sinus polyps
- Dry nasal/sinus passages (due to environment, medications or nutrition)

WINTER IS THE DRIEST SEASON

Most of us think that summertime is the driest season because of high temps and longer days. While we do not see an increase in precipitation in the winter like other climates, temperatures are much lower in the winter months. We tend to decrease our outdoor activity, and stay indoors longer because the days are shorter. This usually causes us to drink less water, depriving the body of optimum hydration. Additionally, heating your homes and offices can dry out the air and sinuses considerably. This can result in susceptibility to sinus infections and other upper respiratory conditions.

WHY COMPOUNDING?

Many over-the-counter medications for sinus and allergy may contain ingredients that contribute to further dryness. Compounding can eliminate the drying ingredients and incorporate soothing ingredients. Fusion Specialty Pharmacy can customize sinus therapies to include antihistamines, antibiotics, anti-inflammatories, steroids, and anti-fungal medicines.

NASAL THERAPY

Fusion Specialty Pharmacy provides the latest in nasal therapy, whereby each administration can send medication directly in to the hard to reach upper sinus cavities, treating the infection directly at the site. Nasal therapy is widely used for seasonal allergies and sinus congestion.

IRRIGATION THERAPY

Medicated and non-medicated irrigation treatments are commonly recommended to flush the nasal cavities. For non-medicated therapy we recommend a saline flush found in Fusion Specialty Pharmacy's ChitoRhino™ Nasal and Sinus Rinse. ChinoRhino™ is a soothing, pH-balanced rinse infused with chitosan. Chitosan is linked to glucosamine and has been clinically proven to be antibacterial, anti-fungal, and have anti-inflammatory properties. When used properly, this rinse can help reduce sinus symptoms caused by allergies, pollution or chronic dry sinuses. Compounded medicated



saline rinses are available for those with chronic rhinitis and sinusitis.

ATOMIZED/NEBULIZER THERAPY

NasoNeb® Nebulizer can deliver multiple medications to the nasal and paranasal sinus cavities with a 1-2 minute treatment.



This type of therapy differs from a saline therapy. The NasoNeb Nebulizer actively delivers a large-particle aerosol into the nasal and paranasal sinus cavities using a positive pressure airstream. NasoNeb® treatments are perfect for post-operative patients and others with crusting and infection, recurrent nasal polyps, patients who have failed or don't tolerate other therapy, chronic sinusitis or rhinitis and patients with smell disorders.

Contact our clinic by phone (435) 703-9680 or email us at rx@rx-fusion.com. Our pharmacists are available for questions and guidance. We can also speak with your provider to approve your prescription.



SPECIALTY PHARMACY

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