



3700 Route 33, Suite 101
Neptune, NJ 07753

Myth

vs

A sinus infection is contagious.

FACT

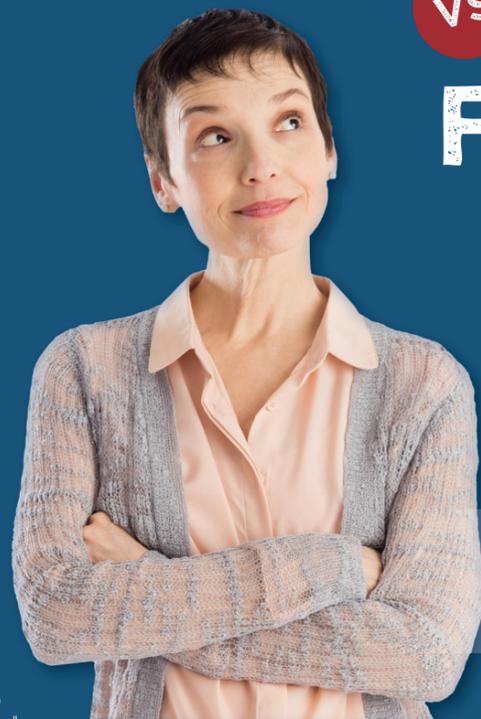
Sinus infections are not contagious, although you may get a cold from someone that may lead to a sinus infection. There has been no evidence of sinus infections being contagious.



Coastal
Ear, Nose & Throat

732.280.7855

www.coastalearnoseandthroat.com



Time to See the MD

When allergy symptoms compromise your daily activities, it is time to schedule an appointment. Our doctors, physician assistants and allergy specialists will work together to implement a treatment plan for a better quality of life.

Allergy testing is an important component to understanding your symptoms. It provides precise information on substances to which you are allergic. Allergy patients are often surprised by how much better they feel after having their symptoms properly diagnosed and managed.

The allergy team at Coastal ENT, LLC utilizes the gold standard of testing and current evidence-based medical practices of treatment. We offer gentle testing with knowledgeable and professional staff to assist you in choosing between various treatment options. We offer traditional allergy injections in the office or sublingual immunotherapy (SLIT) drops you administer yourself at home. Research shows that SLIT is more effective, less stressful, and has a faster escalation phase than allergy injections.



The Nose Knows

Fall 2014

Contrary to popular belief, spring is not the only allergy season. Autumn brings leaves turning orange and red, apple picking, and hay fever, also known as seasonal allergic rhinitis. As the weather changes, many people find themselves suffering from allergies comparable to those experienced during the springtime. Symptoms include itchy, watery eyes, sneezing, runny nose, nasal congestion, coughing and fatigue.

Fall allergy symptoms are mainly caused by pollen from ragweed, a very common plant distributed up and down the east coast. It becomes the predominant pollen from mid-August through November, peaking in mid-September.

Molds are another trigger for fall allergy sufferers. They are found in damp, dark areas either indoors or outside. Anyone who has forgotten to unpack a gym bag, or take the clothes out of the washing machine for several days knows that familiar musty smell. Molds will grow in soils and amongst leaf litter when the environment remains wet and damp; as fall clean-up begins, the disruption of leaves and debris will often churn up molds and pollens lying with in the leaf litter.

Coastal ENT Would Like to Welcome Two New Doctors to the Practice



Dr. Shargorodsky's impressive educational background helped lay the foundation for a successful career in otolaryngology. He specializes in the treatment of sinus and skull base pathology, with a focus on allergies, sinusitis, and skull base tumors. He has appeared on CNN, BBC and The Today Show, and his research work has been featured in news outlets such as the New York Times and USA Today.



Dr. Newkirk, voted one of Washingtonian Magazine's Top Doctors, is a former Residency Director and Associate Professor of Otolaryngology – Head and Neck Surgery at Georgetown University. He specializes in the management of head and neck tumors and general otolaryngology, and has authored multiple scientific publications and book chapters.

How Does a Person Differentiate Between Allergies and Colds?

The symptoms are key. An allergy occurs when a person's immune system overreacts to an otherwise harmless substance such as pollen, dust mites or mold. The immune system releases histamine, a chemical that causes congestion, runny nose, sneezing, itchiness, watery eyes and coughing.

"Allergy vs. Cold" quiz

- Do the symptoms happen seasonally and the same time each year?
- Do the symptoms last longer than ten days?
- Are the symptoms accompanied by a fever and/or body aches?

If you answered "Yes" to the first two and "No" to the last, then it is likely you are suffering from allergies as opposed to a cold.

"Sinusitis vs. Cold" quiz

- Do you have thick yellow or green mucus draining from your nose or down the back of your throat?
- Are you experiencing any dizziness when shifting positions?
- Do you feel pressure behind the eyes, cheeks and/or sinus areas?

If you answered "Yes" to any of these, then it is likely that you are suffering from sinusitis as opposed to a cold.

When a person has a cold, symptoms come on fast and usually taper off in less than two weeks. A cold is caused by a virus and presents symptoms similar to allergies, but may also be accompanied by body aches, chills and sometimes a fever. The cold sufferer will not typically experience the itchiness that occurs with allergies.

Which Home Remedies Can Ease My Symptoms?

Treatment of allergy symptoms begins with knowledge of what your triggers are and how to avoid or reduce exposure to the offending allergens. If ragweed pollen bothers you, ways to reduce exposure include:

- Wash hands often
- Remove shoes and clothing away from your sleeping area to avoid tracking in pollen
- Bathe outdoor pets often
- Limit time outdoors when pollen counts are high, especially during the early morning hours
- Wear a dust mask when working outdoors for prolonged periods of time
- Clean and replace furnace and air conditioner filters often and use HEPA (high efficiency particulate air) filters
- Utilize a Neti Pot filled with distilled or sterilized water.

Nasal Decongestant: Sprays Craze

For people suffering from allergies and nasal congestion, relief is often just a quick spritz away. Over-the-counter nasal decongestant sprays are one of the most common and effective ways to treat congestion. These include medications, such as Afrin, that contain either oxymetazoline or phenylephrine. But relying too much on decongestant sprays can actually cause more congestion – a condition called rhinitis medicamentosa. This is often seen among people who self-medicate, and occurs when the spray is used repeatedly for more than three to five consecutive days.

This leads to nasal passages losing the ability to respond to the decongestants, and then actually become even more swollen and congested. The effect is similar to an addiction, where the person relies on more and more of the medication to achieve the same decongestant effect. If you feel like you are using more and more nasal decongestants to get relief, notify your physician. The effects of these medications can be overcome by changing to a different, anti-inflammatory medication.



Why Is My Nose Congested?

While allergies are a common cause of runny noses and congestion, other conditions such as sinusitis may be responsible. Sinusitis is an infection or inflammation of the mucous membranes that line the inside of the nose and sinuses. It can be acute and last less than a month or chronic, if it persists for three months or more. The congestion from sinusitis can be severe, and may be accompanied by thick mucus drainage, loss of smell, and facial pressure or pain.

Common Causes of Congestion Include:

- Sinusitis
- Allergies
- Common cold
- Nasal polyps
- Decongestant overuse
- Nasal foreign body
- Vasomotor rhinitis
- Viral upper respiratory infection

