

## **MEDICAL BREAKTHROUGHS** **RESEARCH SUMMARY**

TOPIC: NEW DRUG DELIVERY RELIEVES CHRONIC SINUSITIS  
REPORT: MB #4656

**BACKGROUND:** Chronic sinusitis is a long-lasting sinus infection. The sinuses are four paired cavities in the head. These spaces are connected by narrow channels. The sinuses make thin mucus that drains out of the channels of the nose. This drainage works as a filtration system, keeping the nose clean and free of bacteria. The sinuses can become infected when they are blocked and filled with fluid. This is called sinusitis. There are two types of sinusitis: acute and chronic. Acute sinusitis lasts only a few days before going away with minimal treatment. Chronic sinusitis can linger over a long period of time. Surgery is sometimes needed in severe cases of chronic sinusitis.

(Source: <https://my.clevelandclinic.org/health/diseases/17700-chronic-sinusitis>)

**TREATMENT:** Treatments for chronic sinusitis may include nasal corticosteroids. These nasal sprays help prevent and treat inflammation. Examples include fluticasone, triamcinolone, budesonide, mometasone and beclomethasone. If the sprays aren't effective enough, your doctor might recommend rinsing with a solution of saline mixed with drops of budesonide or using a nasal mist of the solution. Another option is saline nasal irrigation, with nasal sprays or solutions which reduces drainage and rinses away irritants and allergies. You may also try oral or injected corticosteroids. These medications are used to relieve inflammation from severe sinusitis, especially if you also have nasal polyps. Oral corticosteroids can cause serious side effects when used long term, so they're used only to treat severe symptoms.

(Source: <https://www.mayoclinic.org/diseases-conditions/chronic-sinusitis/diagnosis-treatment/drc-20351667>)

**NEW COMBINATION:** Jay Piccirillo, MD, an Otolaryngologist from Washington University, St. Louis talked about the results he found, "Our study showed that 20 percent more patients in the budesonide group experienced a clinically meaningful improvement in symptoms as compared to the placebo group. The 20 percent comes from the following, "Of the 29 participants who received budesonide, 23 (79 percent) experienced a clinically meaningful reduction in their SNOT-22 (Sino-nasal Outcome Test) scores as compared with the 32 participants in the placebo of whom 19 (59 percent) experienced a clinically meaningful improvement." Dr. Piccirillo says the combined saline rinse with budesonide is available right now to patients who are interested. He suggests patients talk to their doctor about obtaining budesonide in a powder or liquid form to add to a saltwater nasal rinse.

(Source: Jay Piccirillo, MD)

### **FOR MORE INFORMATION ON THIS REPORT, PLEASE CONTACT:**

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**If this story or any other Ivanhoe story has impacted your life or prompted you or someone you know to seek or change treatments, please let us know by contacting Marjorie Bekaert Thomas at [mthomas@ivanhoe.com](mailto:mthomas@ivanhoe.com)**