

CHRONIC SINUSITIS

Acupuncture is often quite successful with the treatment of chronic sinusitis. This condition is sometimes the result of infection. However, chronic sinusitis can be caused by allergies, changes in temperature or air pressure, air borne irritants, as well as the over-use of decongestant sprays, smoking, and swimming.

Chronic sinusitis may be due to incomplete or ineffective treatment of acute sinusitis or repeated attacks of acute sinusitis. Oriental medicine categorizes both acute and chronic sinusitis as deep nasal congestion. In order to treat these conditions, it is important to eliminate the pathogen, Phlegm, and to strengthen the body's lung energy and spleen to prevent future infections.

Treatment Principles

In some cases for chronic sinusitis, the acupuncturist will gently stimulate some of the needles with twirling, heat, or subtle electric pulses. This helps the body resist future blockages.

Acupuncture techniques used to treat chronic sinusitis include:

- ◆ Distal Point Therapy – allows mobilization and manual therapy to be performed at the same time and is performed away from the point of injury or pain
- ◆ Local Point Therapy – stimulates a point near the affected area for a short period of time and may prevent flare-up
- ◆ Chinese Herbal Medicine – various Chinese Medicines used either topically or taken orally to control the symptoms and ease pain
- ◆ Moxibustion – a complimentary technique where a burning stick or cone is placed over the affected area without burning the skin to increase the circulation of blood and strengthen the life energy, Qi

Results of Acupuncture Treatment

Acupuncture patients have experienced significantly fewer bouts of pain and inflammation, reduction of symptoms of congestion and phlegm, prevention of recurring episodes of chronic sinusitis, as well as improved overall health. Both our Endicott and Oneonta offices have treated numerous patients with chronic sinusitis, especially cases caused by allergies, for many years. Our offices demonstrate a high success rate for this "stubborn" condition.

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