Is there a relationship between the Sinus and the Airway?

November 14, 2016

The relationship between the sinus and the airway is much closer than most people realize!

We have multiple "air spaces" in our skulls, and they are all interconnected with a highway known as the infundibulum. A problem in the frontal sinus can lead to problems in the maxillary sinus. All these sinus drain into the nasal passages. So if someone has a chronic sinus issue, there is a great chance that the passages are blocked somehow from draining. The nose has become the primary method for entry and treatment for many types of sinus issues.

Chronic sinus problems can be caused by a variety of issues, ranging from allergies to dental problems. A thorough examination by a team of dentists and ENT's can assess if these are causes of airway blockages. See the video below for more detail.

References:

1. Rhinitis and sleep apnea.
   
   Abstract
   
   The nose and pharynx begin the upper airway system and represent a continuum. This is the biologic basis for the mutual influences of rhinitis and obstructive sleep apnea (OSA). Sleep-disordered breathing has a large differential diagnosis that includes snoring, upper airway resistance syndrome, and severe OSA. Nasal obstruction is an independent risk factor for OSA, but there is no correlation of daytime nasal resistance with the severity of OSA. (see full article on pubmed)

2. Sleep and allergic rhinitis.
   
   Abstract
   
   Patients with chronic diseases, including chronic respiratory diseases, usually have considerably impaired sleep quality that may increase the frequency of exacerbations and severity of symptoms, lead to difficulty in patient management, and reduce quality of life (QOL). During the last few decades, several studies have shown that, in addition to the classic signs of sneezing, nasal itching, rhinorrhea, and nasal obstruction, allergic rhinitis has an important impact on the QOL of adults and children. In 2001, the ARIA (Allergic Rhinitis and its Impact on Asthma) report based its new severity classification on the impact of rhinitis on QOL, with the inclusion of sleep disturbances. (see full article on pubmed)

3. ENT diseases associated with allergic rhinitis: a review of the literature
   
   Abstract
   
   Various diseases of the upper airway, such as acute or chronic sinusitis, otitis media, pharyngitis or laryngitis, snoring and sleep apnea syndrome, may be associated with allergic rhinitis. The relationship between these pathologies and the allergic rhinitis has been well established from a clinical and epidemiological point of view, but the pathophysiological mechanisms remain uncertain. A good knowledge of symptoms and the performance of explorations, such as nasal endoscopy for sinusitis, are important in order to take care of these associated diseases. (see full article on pubmed)

   
   Abstract
   
   The aim of this review article is to provide greater insight into the relationship between allergic rhinitis and the three most frequently diagnosed conditions of exacerbating viral infections, chronic rhinosinusitis with polyps and obstructive sleep apnoea syndrome. The alleged physiopathological effects of steroids are also investigated within the scope of this paper. Regarding the exacerbating viral infections, seems to establish a dynamic and counter relationship between the load and nature of the viral infection on one hand and widespread and pre-existing allergic inflammation on the other. (see full article on pubmed)

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