



## MODERN APPROACHES TO THE TREATMENT OF CHRONIC SINUSITIS

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### Abstract

Recently, the treatment of chronic sinusitis has gained significance due to its high prevalence and considerable impact on the quality of life of patients. According to global studies, chronic sinusitis is one of the most common reasons for visits to otolaryngologists and one of the most frequent causes of chronic nasal obstruction. Statistically, chronic sinusitis, including chronic rhinosinusitis, affects up to 10% of the adult population in various countries.

**Keywords:** Chronic sinusitis, antibiotic therapy, treatment methods.

### Introduction

Modern methods of treating chronic sinusitis involve a comprehensive approach aimed at eliminating inflammation and restoring the normal function of the nasal passages. Both conservative and surgical methods are used in treatment. Conservative methods include antibiotic therapy, the use of local and systemic medications such as antibiotics, anti-inflammatory and vasoconstrictive drugs, as well as physiotherapy procedures. An important aspect of treatment is the use of inhalers, nasal irrigation, and intranasal steroid medications. Surgical intervention is indicated if conservative therapy is ineffective or if complications such as cysts or polyps in the sinuses arise. Modern technologies, including endoscopic surgical techniques, allow for the effective removal of pathological formations and minimal trauma. The application of a personalized approach considering the individual characteristics of each patient and regular monitoring significantly improves the success of treating chronic sinusitis. Modern methods of treating chronic sinusitis are based on an individualized approach, which includes both drug treatment and innovative therapeutic technologies. In the early stages of the disease, antibiotics tailored to the sensitivity of pathogenic microorganisms are widely used, as well as antihistamines and anti-inflammatory drugs to reduce swelling and inflammation of the mucous membrane.





An important aspect is the use of agents that normalize mucociliary clearance, such as mucolytics and drugs that stimulate mucus secretion.

Furthermore, physiotherapeutic methods such as UHF therapy, laser treatment, heat and electrophoresis procedures are actively applied to enhance microcirculation and accelerate tissue regeneration.

In cases where conservative methods are ineffective, surgical intervention may be proposed to patients. Endoscopic sinusotomy is a modern, minimally invasive method that allows for the removal of pathological formations, such as polyps or cysts, and the restoration of sinus patency without large incisions.

The use of new diagnostic methods, such as computed tomography (CT) and magnetic resonance imaging (MRI), enables a more accurate assessment of sinus conditions and early detection of complications. It is also important to follow preventive measures, including strengthening the immune system, treating chronic upper respiratory diseases, and avoiding factors that contribute to the development of the disease.

### **Conclusion:**

Chronic sinusitis is also one of the reasons for frequent hospital visits, reducing work capacity and increasing the economic burden on the healthcare system. Therefore, timely and effective treatment of chronic sinusitis is crucial not only from a medical but also from an economic perspective, as it helps to reduce overall treatment costs and improve the quality of life of patients.

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