

More than a cold?

If your stuffy nose and cough last longer than one or two weeks, you may have more than a cold. Sinusitis, an inflammation of the nasal sinuses, has many of the same symptoms as a cold but can be much more serious.

Often called a “sinus infection,” up to 16% of American adults will develop sinusitis each year, leading to \$5.8 billion in healthcare costs and millions of days of missed work, according to the American Academy of Allergy, Asthma & Immunology (AAAAI).

Sinusitis occurs when the sinuses – hollow areas behind the forehead, cheeks and nose – become swollen, which blocks mucous from draining and leads to painful pressure and infection.

Symptoms of sinusitis include:

- Swollen, painful feeling around forehead, eyes and cheeks
- Stuffy nose with thick, colored mucous
- Bad tasting post-nasal drip
- Bad breath
- Sore throat
- Cough
- Tiredness and occasional light fever

People with allergies or asthma are more likely to develop sinusitis because their nasal and sinus tissue can become swollen when they breathe in triggers like dust, pollen or smoke.

- American Academy of Allergy Asthma & Immunology