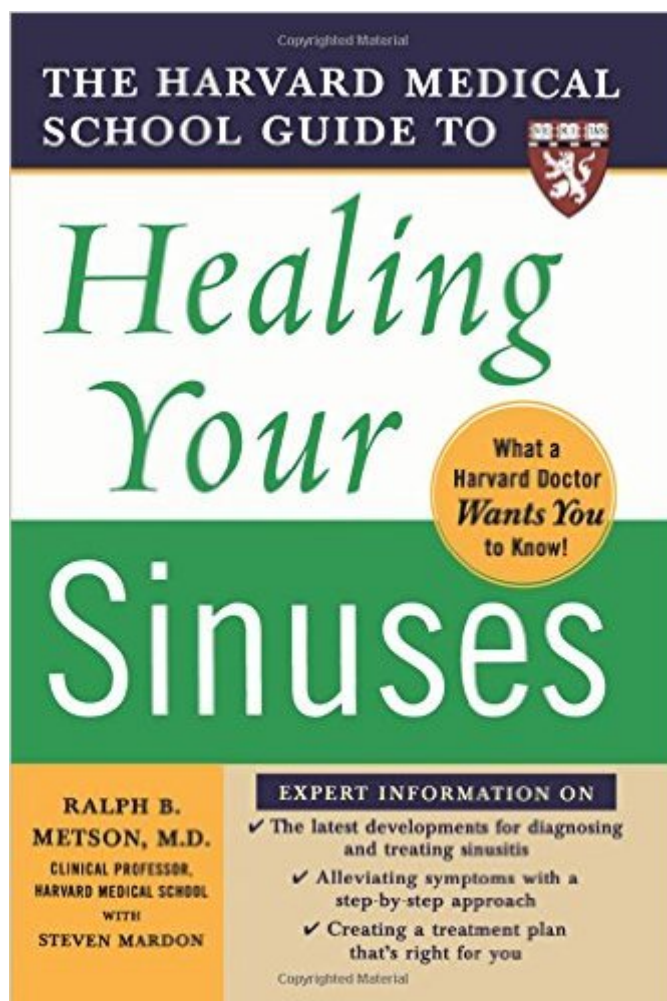


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# Harvard Medical School Guide To Healing Your Sinuses (Harvard Medical School Guides)



## Synopsis

From a leading expert at one of the world's most respected medical schools----learn how to beat sinus infections once and for all Nobody needs to tell you how painful and annoying sinus problems can be--the pounding headaches and congestion, the perpetually runny nose, and the debilitating fatigue, not to mention sleepless nights, lost work, and ruined vacations. Now you can do something about it by learning what a top expert tells his patients. In *The Harvard Medical School Guide to Healing Your Sinuses*, Ralph B. Metson, M.D., a third-generation ear, nose, and throat specialist with more than twenty years of experience, tells you everything you need to know about taming your aching sinuses. A leading national authority in the field, Dr. Metson fills you in on: The ABCs of sinusitis, and how to identify the cause of your symptoms The entire range of treatments--from saltwater irrigation to laser surgery The pros and cons of decongestants, antibiotics, and steroids What to expect from surgery, and whether you're likely to benefit from it How to develop a total sinus management plan tailored to your needs About Harvard Medical School Health Guides Harvard Medical School guides give you the knowledge you need to understand and take control of your health. In every book, a world-renowned expert from Harvard Medical School provides you with the latest information on diagnosis, traditional and alternative treatments, home remedies, and lifestyle changes that can make a powerful difference in your health.

## Book Information

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## Customer Reviews

This is a good book if you know nothing at all about your sinus condition. However, I had already gathered much of this information from good websites. There were a couple of interesting things that I wasn't aware of, but the bottom line is, how is this going to help me? Is it going to give me new ideas so I can get better? Unfortunately, it didn't. If you've already tried nasal irrigations, decongestants, steroid sprays, antihistamines, possible allergy shots and antibiotics, then you know all you can know about treating sinusitis without surgery. If you are facing surgery, then maybe the chapters on what to expect will be useful.

I picked up a copy of this book because I have sinusitis. I found the book to be extremely helpful in understanding my problems and in instructing what to do about them. It is written in a way that anyone can understand. You don't have to be a doctor to get what the book is talking about, but it didn't seem so basic that it was patronizing like some medical books for non-doctors. I also liked that it was easy to skip around and I didn't feel like I had to read it from beginning to end. Each chapter stood on its own as helpful in and of itself. I would recommend this book to anyone who has sinus problems.

As someone whose had sinus issues due to allergies since the teenage years, I've spent years researching & reading, though never really reading a formal book on the subject. This book is a good place to start if you know nothing about sinus issues. For someone who generally stays on top of news & information about sinus issues and curing/preventing sinus infections, the main things I found useful in the book were:1. Commentary on the fact that antihistamines like Allegra/claritin thicken mucus and make it more difficult for your body to wash out the bacterialized mucus.2. Some more specific information about why it is so critical to keep swelling down in the nasal passages to prevent "the cycle" from repeating3. The fact that it is now common for antibiotic rounds to go 90 days or more to fully rid one of sinus infections4. A focus on the fact that chronic sinus issues cause people to feel about their life the same anguish that people feel when they have diseases typically considered "more serious" While nothing groundbreaking, the book gave me the idea to back off on the "allergy medicines" and only go with the nasal steroid sprays. I have had significant improvement in the last month compared to the last few years, due to no thick congestion in the head. Any person who can pick up on one or two things in the book that make a difference would make the book worth it.

The Harvard Guide to Healing Your Sinuses is a valuable resource, which is written in

easy-to-understand language that details various sinus conditions, including ones that might seem like sinusitis but are not, and numerous strategies for treating them. In addition, discussions of treatments include helpful thoughts on various methods of sinus surgery, how to prepare for surgery if needed, and what to expect. I appreciate how, on pages 162-163, Dr. Metson and Mr. Mardon cite empty nose syndrome (ENS) as a "troubling phenomenon," which results from an overly aggressive surgery of the turbinates (inner nasal mucus-producing tissue that performs many critical functions). The description of ENS is accurate, and I am grateful it is noted as a complication of surgery, as not all sinus self-help books acknowledge ENS. When discussing treatments, *The Harvard Guide to Healing Your Sinuses* mentions zicam, which is the oral spray form of zinc. The authors note while zinc has been shown to reduce the duration of a cold, particularly when used at the onset of symptoms, it must be sprayed into the nose every four hours for one to two weeks to be effective. A word of caution, though, which also should be highlighted, is that spraying high concentrations of zicam in the nose can lead to burning and destruction of olfactory epithelium, the nerve cells responsible for smell. Consequently, some users of zicam have permanently lost their sense of smell. This book definitely has much useful information on sinusitis from a highly reputable source. It is a great reference book for sinus sufferers. Chris Martin, author of *Having Nasal Surgery? Don't You Become An Empty Nose Victim!*

The information is coherent and well organized. Yes, it is possible one can glean much of the information from other sites on the Internet. However, doing so would take twice as long as reading the book and one can never tell when they are receiving advice from a real doctor or a quack. Everything in this book is backed by a Clinical Professor at Harvard. Not only does that offer peace of mind, it also gives you an upper hand when trying to get the correct medication from your doctor. "I read in this book by Ralph B Metson from Harvard..." goes a lot farther than "I read on an Internet site somewhere..." I wish I could have read this book years ago. Of note: The recommended salt usage for nasal wash is a bit high. Some prefer it that high, I recommend doing Internet research and trying less salt at first, ESPECIALLY if you notice a stinging sensation. Never, ever try to force water through a clogged nose!! The explanation of Zicam in the book is not quite correct. Zicam is \*marketed\* as homeopathy, but it is not really homeopathic; it actually contains Zinc. Homeopathy is just water. Also, I was told Atrovent (in that form) was taken off the market.

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