

SINUS INFECTIONS

Cedar Park, TX – June 15, 2009

United States [researchers reported](#) today that at least 20% of toxic shock syndrome cases in children may be linked to sinus infections. This may come as a surprise to many people because sinus problems are so common (especially in the adolescent population). However, not all sinus issues are caused by a bacterial infection. For example, allergy sufferers are all too aware of the common symptoms of stuffy sinuses, sinus headaches, and sinus pressure. These same symptoms can be present with a sinus infection, so some people may not realize that their sinus problem is indeed serious.

Some things to look out for regarding sinus infections are fever, red, tender, inflamed cheek bones, the pain is worse if you are sitting or reclining, chronic toothache (with no teeth problems, or a chronic sore throat (often related to post-nasal drip). If you suspect that you or your child has a sinus infection, the best course of action is to visit a physician immediately. In most cases your doctor will be able to diagnose a sinus infection based on your medical history, but if necessary CT scan can be performed for a conclusive diagnosis.

As far as treatments go, sinus infections that are caused by a bacteria are generally treated with an antibiotic. You can also boost your healing time by promoting sinus drainage through facial massage, drinking plenty of water and hot tea, or using a steam vaporizer to help loosen the mucus. Another option is to use saline nasal sprays or a neti pot to help dry out the sinuses. The bottom line is that sinus infections can become serious health hazards, especially for children, so when it comes to getting evaluated, "it's always better to be safe than sorry."

[Cedar Park Chiropractor](#), Dr. Thomas Bynes has over 11 years of clinical experience in providing gentle Chiropractic care, Trigger Point muscle pain relief, [nutritional counseling](#), dieting advice, and exercise training. In 2009, [Dr. Bynes](#) published the detailed weight loss and wellness book "[Sinner to Thinner](#)," a one-stop resource for healthy living, available at [Amazon.com](#).

Dr. Bynes specializes in light, non-force [muscle](#) and tendon treatments, which are wonderful for kids with pain and women with [pregnancy pain](#). Each week at [The Crossings Wellness Spa](#) in Austin, Dr. Bynes presents a [nutrition and weight loss lecture](#), as well as bi-weekly lectures at Fit 4 Life Wellness Center. For [more information](#), or if you are trying to find a [Chiropractor in Cedar Park](#), please visit [www.Fit4LifeCenter.com](#) or call 512-250-8118.

Posted by Fit 4 Life Wellness Center at 6:54 PM 0 comments 

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