



A.I.R. Informant

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If it's not a cold, what else could it be?

Where are my sinuses located?

- *Frontal sinuses* over the eyes in the brow area
- *Maxillary sinuses* inside each cheekbone
- *Ethmoid sinuses* just behind the bridge of the nose and between the eyes
- *Sphenoid sinuses* behind the ethmoids in the upper region of the nose and behind the eyes

If you think you have sinusitis, and want to be a part of a research study, contact ASTHMA, Inc. before taking any medication.

You're coughing and sneezing and tired and achy. You think that you might be getting a cold. Later, when the medicines you've been taking to relieve the symptoms of the common cold are not working and you've now got a terrible headache, you finally drag yourself to the doctor. After listening to your history of symptoms, examining your face and forehead, and perhaps doing a sinus X-ray, the doctor says you have sinusitis.

Why does sinusitis cause pain?

Each sinus has an opening into the nose for the free exchange of air and mucus, and each is joined with the nasal passages by a continuous mucous membrane lining. Therefore, anything that causes a swelling in the nose— an infection, an allergic reaction, or another type of immune reaction— also can affect the sinuses. Air trapped within a blocked sinus, along with pus or other secretions, may cause pressure on the sinus wall. The result is the sometimes

intense pain of a sinus attack. Similarly, when air is prevented from entering a paranasal sinus by a swollen membrane at the opening, a vacuum can be created that also causes pain.

How can you tell if it's a cold or sinusitis?

Most cases of acute sinusitis start with a common cold, which is caused by a virus. These colds do not cause sinusitis, but they do inflame the sinuses. This inflammation prevents the sinus cavities from clearing out bacteria and increases your chances of developing sinusitis. **Both the cold and the sinus inflammation usually go away without treatment in 2 weeks.** Allergies can also trigger inflammation of the sinuses and nasal mucous linings, thereby increasing the likelihood of developing sinusitis.

What are the symptoms of sinusitis?

- Headache when you wake up in the morning
- Pain when your forehead over the frontal sinuses is touched
- Infection in the maxillary sinuses can cause your upper jaw and teeth to ache, and your cheeks to become tender to the touch
- Infection in the sphenoid sinuses can cause earaches, neck pain, and deep aching at the top of your head

What should I do if I think I have sinusitis?

Your health care provider can usually diagnose acute sinusitis by listening to your symptoms and doing a physical examination, which includes examining your nasal tissues. If your symptoms are vague or persist, they may order a CT (computed tomography) scan to confirm that you have sinusitis. If you have acute sinusitis, your health care provider may recommend decongestants, antibiotics to control a bacterial infection, or pain relievers.

Courtesy of the National Institute of Allergy and Infectious Diseases

Do I Have Sinusitis?

Sinusitis is inflammation of the lining membrane of any sinus. Take the following quiz to see if you have sinusitis.

Answer "yes" if you have any of the following symptoms for 10 days or longer; otherwise, answer "no".

1. **Facial pressure/pain?**
2. **Headache Pain?**
3. **Congestion or stuffy nose?**
4. **Thick, yellow-green nasal discharge?**
5. **Low fever (99-100°)?**
6. **Bad Breath?**
7. **Pain in the upper teeth?**

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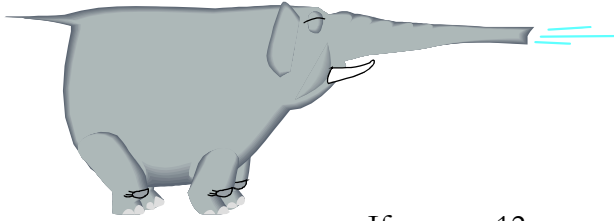
If you answered "yes" to three or more of the symptoms listed above, you may have a sinus infection. An examination by your physician may be warranted.

Courtesy of the American Academy of Otolaryngology

Different cases of sinusitis

- *Acute*, which lasts for 4 weeks or less
- *Subacute*, which last 4 to 8 weeks
- *Chronic*, which usually lasts up to 8 weeks but can continue for months or even years
- *Recurrent*, which are several acute attacks within a year, and may be caused by different organisms

Do you regularly get sinus infections? Before you treat your symptoms, call us!



Symptoms may include:

- facial pain
- sinus headache
- post nasal drip
- nasal congestion

If you are 12 years or older, in general good health and don't have asthma, you may be eligible to participate in our research study! Only 5 office visits and one phone call over 2 months. If you qualify, you will receive diagnostic procedures, physical exams, and ,if sinusitis is diagnosed, antibiotics and study medications at no cost to you! Qualified participants receive compensation for time and travel.

During the study no other medications (aspirin, Tylenol, nasal sprays, antibiotics, etc.) are allowed.

Is your asthma raining on your parade despite using daily asthma medications?

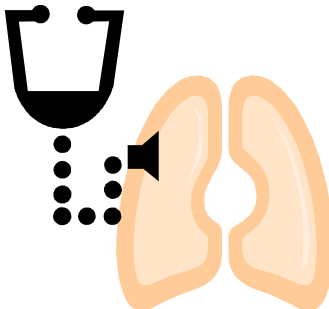


ASTHMA, Inc. needs volunteers for a 24 week study who:

- Are aged 18-50
- Have poorly controlled asthma despite using daily inhaled steroids
- Are non-smokers

Benefits for qualified volunteers include, investigational medication, study related physical exams and medical testing, and compensation for time and travel.

Do you have asthma?



If so you may qualify for a research study that is being conducted by ASTHMA Inc. research center! Qualified Participants Must:

- Be at least 12 years of age
- Have a diagnosis of asthma for at least 12 months.
- Use daily medication to control your asthma.

Benefits include investigational medication, physical exams and medical testing at no cost to you. Compensation for time and travel awarded to qualified participants.

Do you have eczema or atopic dermatitis?

Have you used PROTOPIC® (tacrolimus) ointment before you were 16 years of age to treat your eczema? Would you be interested in participating in a long-term program that will monitor your health? You may be eligible to participate in an observational research study. Talk to your physician if you would like to learn more about this important program.

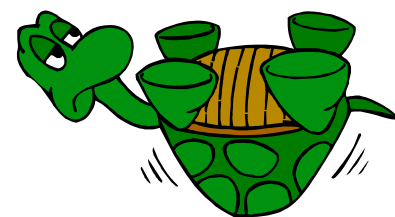


Does your persistent asthma slow down your daily routine?

ASTHMA, Inc. needs volunteers for a research study who:

- Have moderate to severe asthma
- Use a daily bronchodilator
- Are 12+ years of age
- Are non-smokers

Benefits for qualified volunteers include investigational medication, study related physical exams, and medical testing at no cost to you. Compensation up to \$1100 upon completion for qualified volunteers.



Do you have asthma?

ASTHMA, Inc. is conducting a research study on albuterol!

Qualified participants must be 12-75 years old, have a 6 month+ history of mild asthma using bronchodilators, and be non-smoking.

Length of study is 13 weeks, with 6 office visits (includes three 9 hour visits). Qualified participants will receive compensation for time and travel. All study-related diagnostic testing, investigational medication and medical care provided at no charge to you.

