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Fungus May Cause Most Chronic Sinus Infections

During the past 30 years, there has been a significant increase in the number of recorded fungal infections, perhaps due to increased awareness, new immunosuppressive therapies, and overuse of antibiotics. Now, research from the Mayo Clinic reports that fungi may be the cause of most chronic sinus infections.

The 1999 Mayo Clinic study found that 96 percent of subjects with chronic rhinosinusitis had fungus present in cultures of their nasal secretions. When fungi are present in sensitive individuals, the body's immune system fights back by irritating the membranes in the nose.¹

Allergic fungal sinusitis, believed to be an allergic reaction to air-borne environmental fungi, is the most common type seen in patients with a normal immune response. **Using amphotericin B intranasally as 20 mL of a 100 microg/mL solution twice daily, offers new hope** for this problem.² Amphotericin B has been considered a mainstay of antifungal therapy, acting on the cell walls of fungi to slow down their growth. It has been available in injectable and topical forms to treat a variety of fungal infections. **Clinical trials show that the new antifungal irrigation may provide relief in 75% of patients within months.**³

References:

1. Mayo Clinic Study: <http://www.mayo.edu/proceedings/1999/7409a1.pdf>
2. Amphotericin B: http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12464951&dopt=Abstract
3. Fungal Sinusitis--W. S. Tichenor, M. D. <http://www.sinuses.com/fungal.htm>

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