

Allergic and non-allergic causes of sinusitis

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ABSTRACT

Simple concepts of allergy, the various allergens that could lead to rhinitis which could progress to the development of sinusitis were discussed along with other non-allergic causes like bacteria, fungi, and chronic granulomatous diseases like tuberculosis and reflux disease were all touched upon. Management is not discussed. A large number of our patients are affected by sinusitis either caused or led to by allergy and others by infective agents of various kinds. Much effort, time and money are spent to treat this disease. Many of our patients don't realise that sinusitis is a slowly developing problem that gradually builds itself up and can quite easily be controlled in the earlier stages without the use of antibiotics. This is a concept we as surgeons need to impress upon our patients that not all patients need antibiotics nor do all our patients need surgery as the initial treatment. There are multiple causes of sinusitis in humans. Some are common and some are not. The concept of inflammation associated with allergy is associated causation of infection within the sinus mucosa. Colonisation of the inflamed, primed mucosa will then lead to the development of sinusitis, acute initially and that progresses to chronic sinusitis. Simple bacterial infections as well as chronic granulomatous infections are all touched upon. The concepts of polyps as part of the process and inferior turbinates development in simple terms is also touched upon. The basic underlying immunologic processes are also discussed, albeit briefly.