



# GOT SINUS ISSUES?

CONEJO VALLEY'S DR. MARC KERNER  
CAN HELP!

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**H**ave you had recurrent colds or allergy attacks that don't seem to go away? If so, there's a good chance you have sinusitis, a condition that afflicts more than 37 million people each year.

The good news is that local experts like Marc Kerner, MD, FACS, offer the latest treatments for sinus issues. Double board certified by the American Board of Otolaryngology – Head and Neck Surgery and the American Board of Facial Plastic and Reconstructive Surgery, Dr. Kerner serves as the Medical Director of Calwest Head and Neck Surgical Institute located in Westlake Village and Northridge and has helped thousands of patients with their sinusitis issues.

## WHEN IS A COLD ACTUALLY SINUSITIS?

The majority of sinus infections are caused by bacteria that become trapped in blocked sinuses. Bacteria flourish in the sinuses, creating symptoms of runny nose, congestion, facial pain and pressure. Sinus infections are usually preceded by a cold or allergy attack, which contributes to sinus blockage and can worsen by exposure to environmental pollutants. Unlike colds or allergies, bacterial sinusitis requires a physician's diagnosis and treatment with antibiotics to cure the infection and prevent future complications.

Normally, mucus collecting in the sinuses drains into the nasal passages. When people have a cold or allergy attack, sinuses become inflamed and unable to drain, leading to congestion and repeated infections. Diagnosis of acute sinusitis usually is based on physical examination and discussion of your symptoms. X-rays of your sinuses or a sample of your nasal discharge is used to test for bacteria.

## WHEN ACUTE BECOMES CHRONIC SINUSITIS

When you have frequent sinus infections, or the infection lasts three months or more, you most likely suffer from chronic sinusitis. Symptoms of chronic sinusitis may be less severe than those of acute sinusitis; however, untreated chronic sinusitis can cause damage to the sinuses and can require surgery to correct the blockage and relieve the symptoms.

## TREATMENT

*Bacterial sinusitis:* Therapy for bacterial sinusitis includes appropriate antibiotics. In addition, oral or nasal spray or drop decongestant may be recommended to relieve congestion. Dr. Kerner does not recommend prolonged use of nonprescription nasal sprays or drops. Inhaling steam or using saline nasal sprays or irrigations can help to relieve sinus discomfort.

Diagnosis can be made by looking into the nasal cavity with a small endoscope and if necessary an X-ray scan of the sinuses. If it is determined that your sinus passages are narrowed or blocked leading to symptomatic sinus infections or chronic sinusitis, several state-of-the-art options are available to correct this condition.

According to Dr. Kerner, Balloon Sinuplasty is a minimally invasive procedure for patients suffering from sinus blockage. Dr. Kerner is one of the first surgeons in the country to do the procedure, which is performed in the office under local anesthesia and allows patients rapid recovery. The technology for this procedure was adopted from angioplasty in which small balloon catheters are used to dilate either blocked vessels, or in the case of sinuses, blocked drainage pathways. Minimally invasive surgery is also available to correct anatomic deformities that lead to obstruction of the sinuses.

The Balloon Sinuplasty devices are effective endoscopic tools and may be used with other medical therapies or endoscopic surgical techniques. In a patient, the Balloon Sinuplasty products can be used on several sinuses. Additionally, using these devices does not limit future treatment options for patients with progressive disease.

Each patient suffering from sinusitis is different. Only after thorough examinations and discussions between the patient and doctor can it be determined whether you may benefit from the Balloon Sinuplasty system.

*For more information on Dr. Kerner and Balloon Sinuplasty, please visit [CalWestent.com](http://CalWestent.com) or call 818.349.0600. Cal West Head and Neck Surgical Institute is located at 696 Hampshire Road, Suite 110 in Westlake Village and 18350 Roscoe Blvd, Suite 318 in Northridge.*