

# CLEAR THE AIR

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CADENT: METRO ENT AND FACIAL PLASTIC SURGERY

MEDTALKS 2026

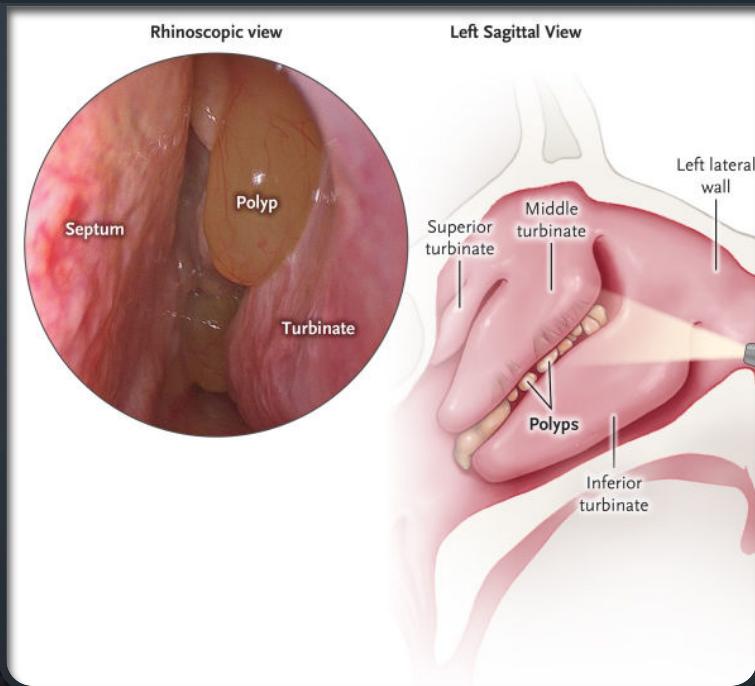
PINSTRIPE, NORTH BETHESDA

# CLEAR THE AIR: SINUSITIS FOR NON-ENT PHYSICIANS

Common sinus  
findings  
misconceptions  
explained

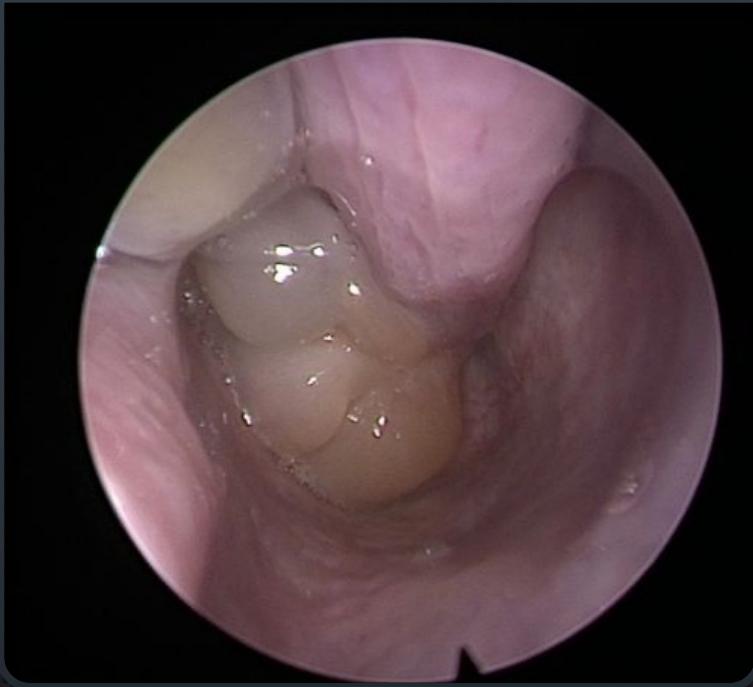
When to refer

Questions??



# WHAT ARE NASAL POLYPS?

- THEY ARE NOT TURBINATES
- THINK OF A PEEL GREEN GRAPE
- WHEN YOU CAN SEE THEM THEY NEED TO SEE ME!
- I'M STILL HAPPY TO SEE YOUR TURBINATES BUT MOST DON'T NEED TO SEE ME

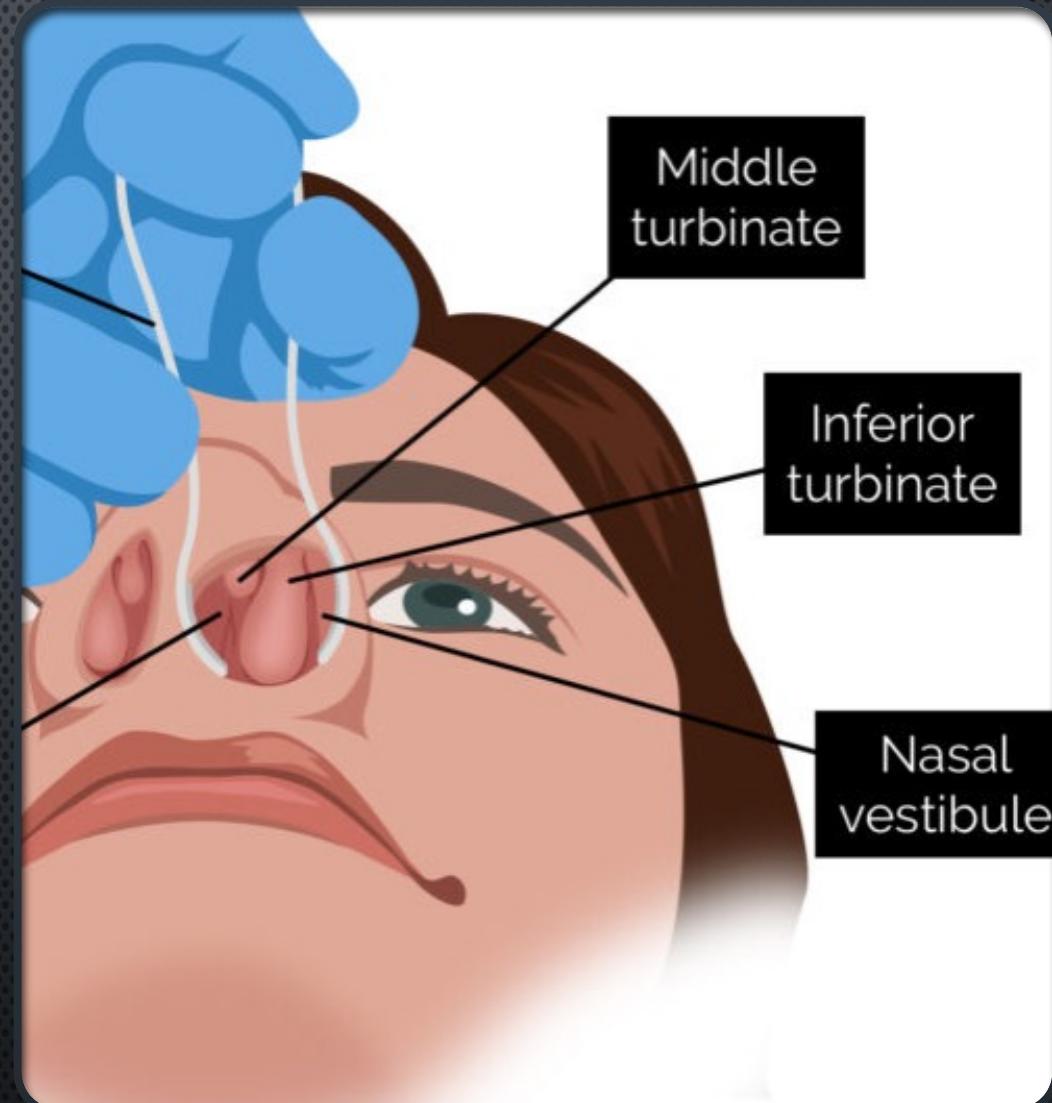


## NASAL POLYPS

- ABNORMAL INFLAMMATORY TISSUE
- PALE, SOFT, MOBILE
- ASSOCIATED WITH CHRONIC SINUS DISEASE
- NOT NORMAL ANATOMY

# NORMAL NASAL ANATOMY

- Warms & humidifies air
- Can appear large when inflamed



# WHAT SINUSITIS IS (AND IS NOT)

INFLAMMATION  
OF SINUS  
MUCOSA

MAY BE VIRAL,  
ALLERGIC, OR  
INFLAMMATORY



INFECTION IS  
ONLY ONE  
CAUSE



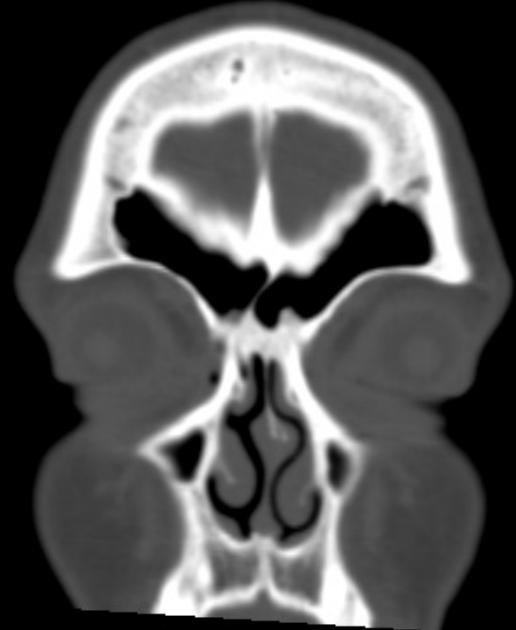
SYMPTOMS ≠  
IMAGING  
FINDINGS



A close-up photograph of a man's face, showing him holding his nose and cheeks in pain. His eyes are closed, and the area around his nose and forehead is highlighted with a red glow, indicating pain or inflammation. The background is a plain, light color.

# I HAVE A SINUS HEADACHE

- OR MAYBE YOU DON'T....
- WHEN DOES IT OCCUR?
- WHERE IS THE HEADACHE?
- VERTEX? OCCIPUT? FRONTAL BAND?
- UNILATERAL?
- EYE SYMPTOMS?
- NAUSEA?
- SENSITIVITY TO LIGHT?



CAN THIS BE A SINUS  
HEADACHE?

# Headache Type

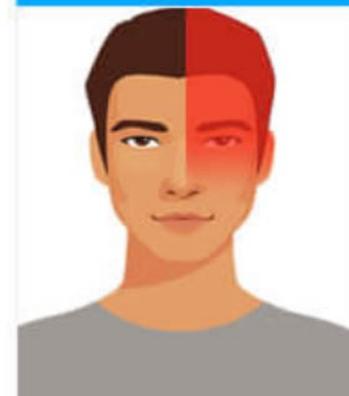
Sinus



Tension



Migraine



Cluster

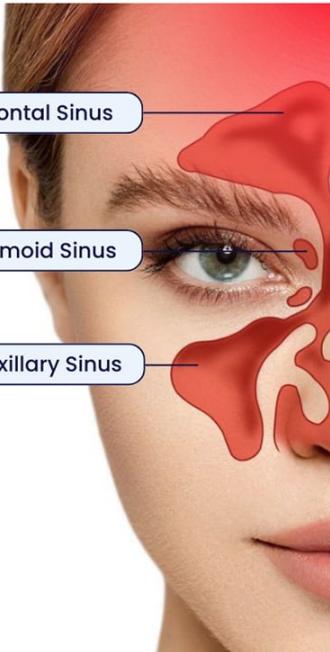


TYPES OF HEADACHES

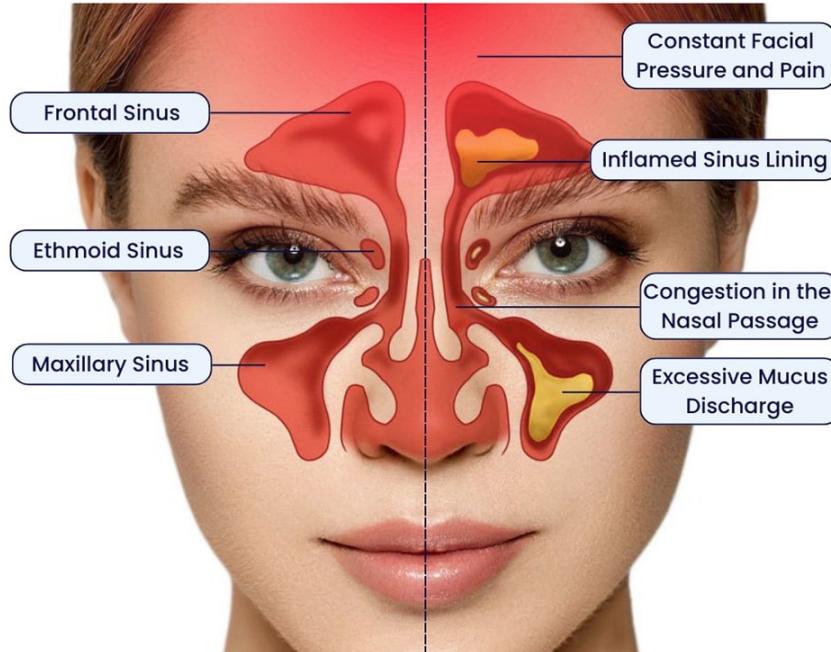
# I'M DRAINING AND I NEED AN ANTIBIOTIC

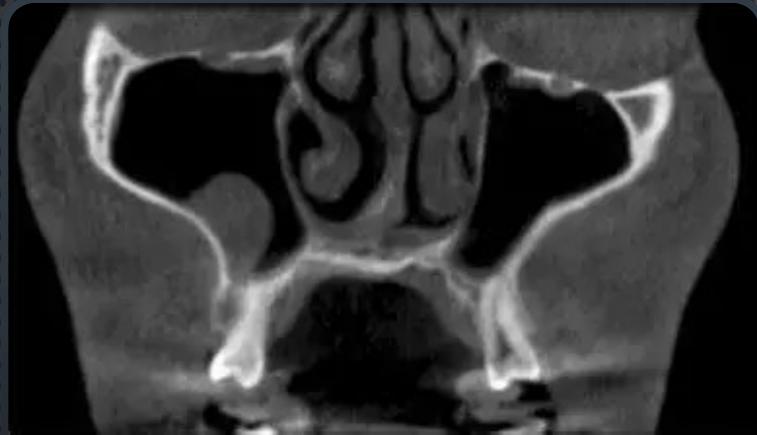
- NO, YOU NEED AN EVALUATION
- CLEAR? COLORED?
- PND?
- MORE THAN 10 DAYS AFTER A URI?
- IRRIGATING?

## Healthy Sinus



## Sinusitis





## DO I HAVE A SINUS TUMOR?



- No, YOU HAVE A MUCOUS RETENTION CYST (~30% OF YOU DO)
- THINK OF IT AS THE EQUIVALENT OF A SINUS PIMPLE
- IF THEY BLOCK, THEY MAY NEED TO BE DRAINED BUT MAINLY LIVE IN THE FLOOR OF THE MAXILLARY SINUS

# WHY THIS MATTERS

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Turbinate  
hypertrophy ≠ polyps

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Swelling ≠ bacterial  
infection

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CT abnormalities may  
be incidental

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Understanding the  
timing can help treat

# WHEN TO REFER TO ENT

Persistent  
symptoms > 12  
weeks

Recurrent  
symptoms despite  
a good round of  
antibiotics

Concern for nasal  
polyps

Unilateral  
symptoms or red  
flags eye changes,  
bleeding

Abnormal imaging

# QUESTIONS??

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