

## **STUDIES PROVE THE BENEFITS OF SINONASAL IRRIGATION**

“Nasal Irrigation is an effective tool in improving symptoms in patients with nasal disease. Nasal irrigation represents a cost-effective method of alleviating symptoms of nasal disease. The method has no documented serious adverse effects and is well tolerated by most patients. Given the large number of patients with sinonasal disease, this nasal irrigation has enormous potential in improving quality of life in a cost-efficient manner for millions of patients. “  
*Lance T. Tomooka, MSIV; Claire Murphy, PhD; Terence M. Davidson, MD. Clinical Study and Literature Review of Nasal Irrigation. Laryngoscope 2000: 1189-93*

“Daily nasal irrigation with hypertonic saline significantly improved symptoms of chronic sinusitis in this study. Many subjects were able to decrease or eliminate medication used during the study period”

*Diane G. Heatley, MD; Kari E. McConnell, RN, CORLN; Tony L. Kille, BS; Glen A. Levenson, PhD; Nasal Irrigation for the alleviation of sinonasal symptoms. Presented at the annual Meeting of the American Academy of Otolaryngology- Head and Neck Surgery, Washington DC. 9/25/00.*

“ In conclusion, instillation of 1 ml of Hypertonic Saline three times a day for 1 month improves the clinical and radiologic status among children with Chronic Sinusitis. The treatment is tolerable, inexpensive, and effective.”

*David Shoseyov, MD; Haim Blbl, MD; et al. Treatment with hypertonic saline versus normal saline nasal wash of pediatric chronic sinusitis. Journal of Allergy and Clinical Immunology 1998; 101:602-5*

“Buffered hypertonic saline nasal irrigation is an important addition to the care of sinus disease, both chronic and post surgical. Improvement in Mucociliary transit time was seen with buffered hypertonic saline solutions vs. buffered normal saline (3.1 minute improvement compared to 0.14 minutes P = 0.02 and 17% improvement compared to 2% P=0.013). Buffered hypertonic saline irrigation should be used in chronic and postoperative sinus patients. Those with other causes of rhinitis, including acute sinusitis, may also benefit from regular nasal irrigation with this solution.”

*Andrew R. Talbot, MD; Timothy M. Herr, MD; David S. Parsons, MD. Mucociliary Clearance and Buffered Hypertonic saline Solution. Laryngoscope 1997; 107:500-3*

“In conclusion, our study shows the benefits of using nasal irrigation as an adjunctive therapy in patients with Chronic Rhinosinusitis. Alkaline nasal douche is effective in improving endoscopic appearances and is probably best used during exacerbations.”

*Michelle Taccariello; Abhi Pariky; et al. Nasal douching as a valuable adjunct in the management of chronic rhinosinusitis. Rhinology 1999; 37: 29-32*