

Health experts estimate that nearly 40 million Americans suffer from sinus conditions, such as chronic sinusitis, each year. For these individuals, the arrival of spring and summer—budding trees, flowering plants and warmer weather—means congestion, sore throat and facial pain. Harold Greisch, retired maintenance

mechanic from DeKalb, knows first hand the endless discomfort caused by chronic sinusitis. “I was suffering from constant headaches, sinus pain and pressure. I was desperate to find relief.” Greisch turned to Dr. Joseph Scianna at Northern Illinois ENT Specialists in Sycamore.

## Northern Illinois ENT Specialists Offer New Treatment for Chronic Sinusitis Sufferers

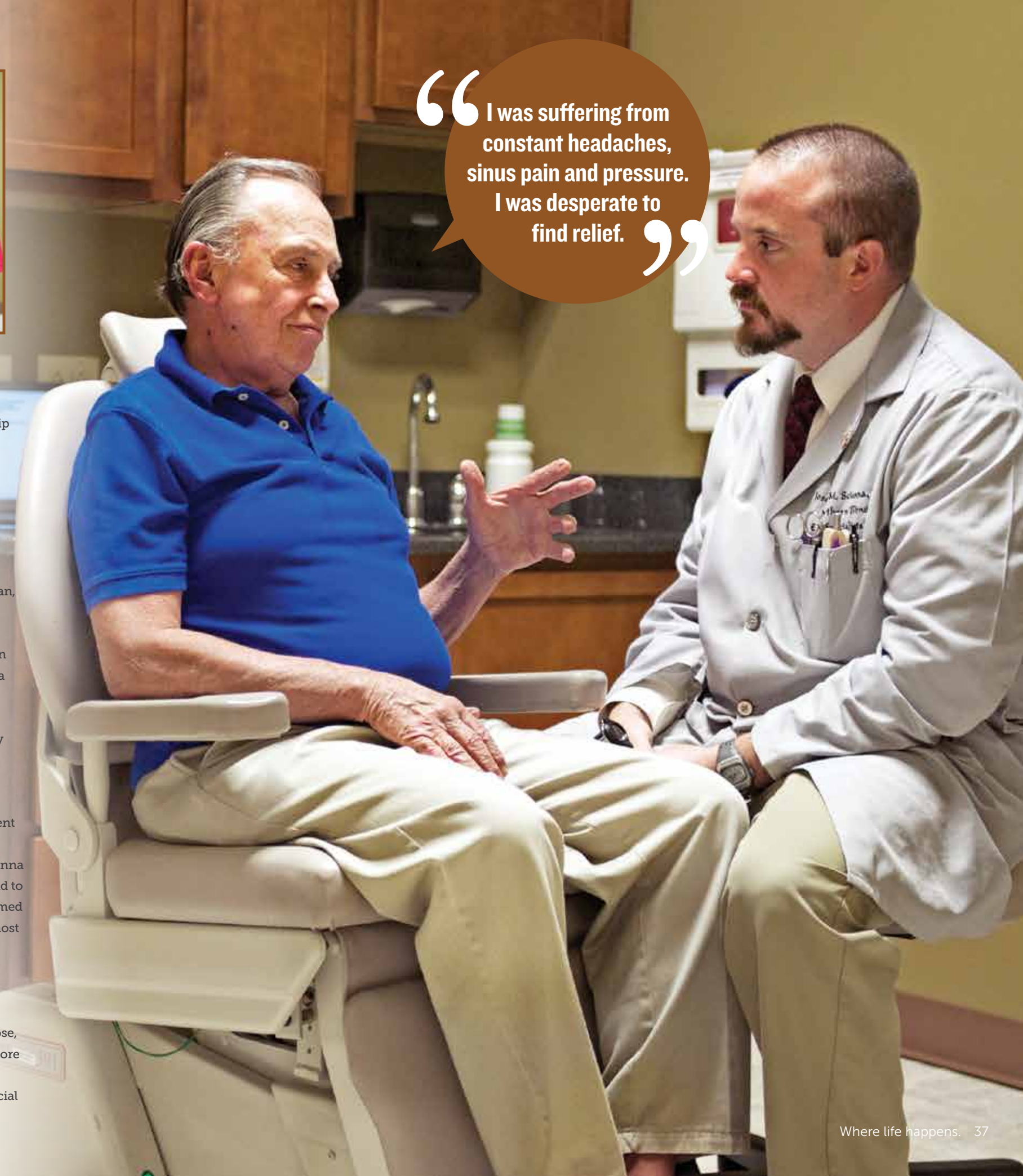


Scianna is a highly trained otolaryngologist and ENT surgeon who did both his residency and rhinology, or sinus surgery, fellowship at Loyola University Medical Center in Chicago. Scianna relocated to DeKalb County in 2008 because he believed this community would benefit from cutting-edge ear, nose and throat treatment capabilities.

In partnership with Dr. Abraham Lotan, Scianna founded Northern Illinois ENT Specialists, the only ENT group in DeKalb County. At their location on Midlands Court in Sycamore, Scianna performs numerous sinus surgeries that are not offered anywhere else in this region, including a revolutionary procedure called balloon sinuplasty.

Scianna urged Greisch to consider balloon sinuplasty as his best treatment option after a CAT scan revealed a blockage near Greisch’s eye. “Dr. Scianna explained that the blockage could lead to an infection,” said Greisch. “He informed me that balloon sinuplasty was the most effective, least invasive way to clear the blockage and eliminate my pain.”

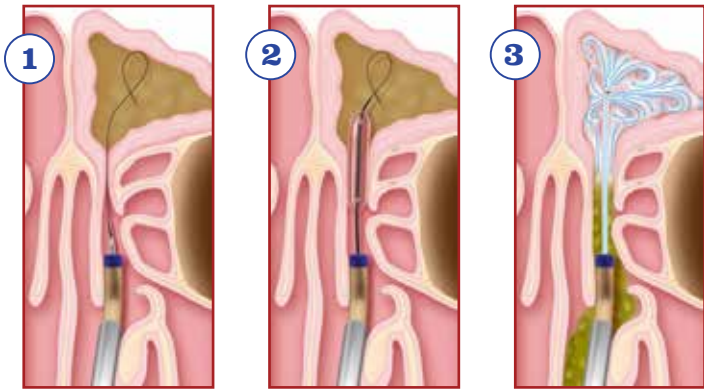
Chronic sinusitis is defined as inflammation of the linings of the nose, throat and sinuses that persists for more than three months. The four major symptoms of chronic sinusitis are facial



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## BALLOON SINUPLASTY



**Step 1:** The balloon catheter is inserted into the inflamed sinus.

**Step 2:** The balloon is inflated to expand the sinus opening.

**Step 3:** Saline is sprayed into the inflamed sinus to flush out the pus and mucus.

pain, facial pressure, nasal drainage and a loss of sense of smell. Because chronic sinusitis is resistant to medication, surgery is often the only option.

“With any sinus surgery, the purpose is to open up the natural doorways of the sinuses and allow them to drain normally,” said Scianna. “Ideally, we want to create this opening and facilitate drainage without disrupting any adjacent normal tissue.”

In traditional sinusitis surgery, a probe is run into the nose and a small amount of bone and tissue is cut away to open the doorways of the sinuses. There is no cutting on the outside of the nose, and the facial structure remains the same. However, this procedure is invasive, requiring general anesthesia, and recovery can take up to several weeks.

Comparatively, during balloon sinuplasty, a camera is inserted in the nose, allowing a probe to be guided to the problem area. A balloon is run along the probe into the doorway of the sinuses and widened to about 6 millimeters. “The balloon is inflated to stretch the doorway, then it deflates and comes out. There is nothing left behind,” Scianna explained.

Data shows that balloon sinuplasty causes less damage to surrounding healthy sinus tissue compared to traditional surgery. Balloon sinuplasty has been shown to keep sinuses open, usually without the need for follow-up procedures.

Scianna and his team at Northern Illinois ENT Specialists take great care to ensure the comfort of the patient during balloon sinuplasty. Scianna spends more than 45 minutes numbing the nose with nasal sprays and local anesthetics before beginning the procedure. “We spend more time making sure that the patient is comfortable than we spend on the procedure itself,” said Scianna.

Balloon sinuplasty has several other advantages over traditional sinus surgery. Scianna can perform balloon sinuplasty in his office without the use of general anesthesia. This means there is less recovery time and patients can usually return to work the same day. Also, because balloon

sinuplasty does not damage tissue, little to no pain medication is required.

Not everyone is a candidate for balloon sinuplasty. Before a patient can be considered for either balloon sinuplasty or traditional sinus surgery, they must be diagnosed with chronic sinusitis. Furthermore, certain conditions such as physical trauma or nasal polyps may render balloon sinuplasty ineffective. “A big part of my job as a physician is educating the patient about whether or not a designated procedure, such as balloon sinuplasty, is appropriate,” said Scianna.

After his balloon sinuplasty procedure, Greisch applauds Scianna and the entire team at Northern Illinois ENT Specialists. “I would highly recommend Dr. Scianna. The procedure took less than an hour and there was no recovery at all. I felt better immediately, and I haven’t had a single headache since. Dr. Scianna and Northern Illinois ENT helped me find relief.” ■

[Northern Illinois ENT is the proud sponsor of this article.]



To learn more about balloon sinuplasty or to schedule an appointment with Dr. Scianna to discuss your treatment options, call (815) 758-8106.