



## INTRODUCTION

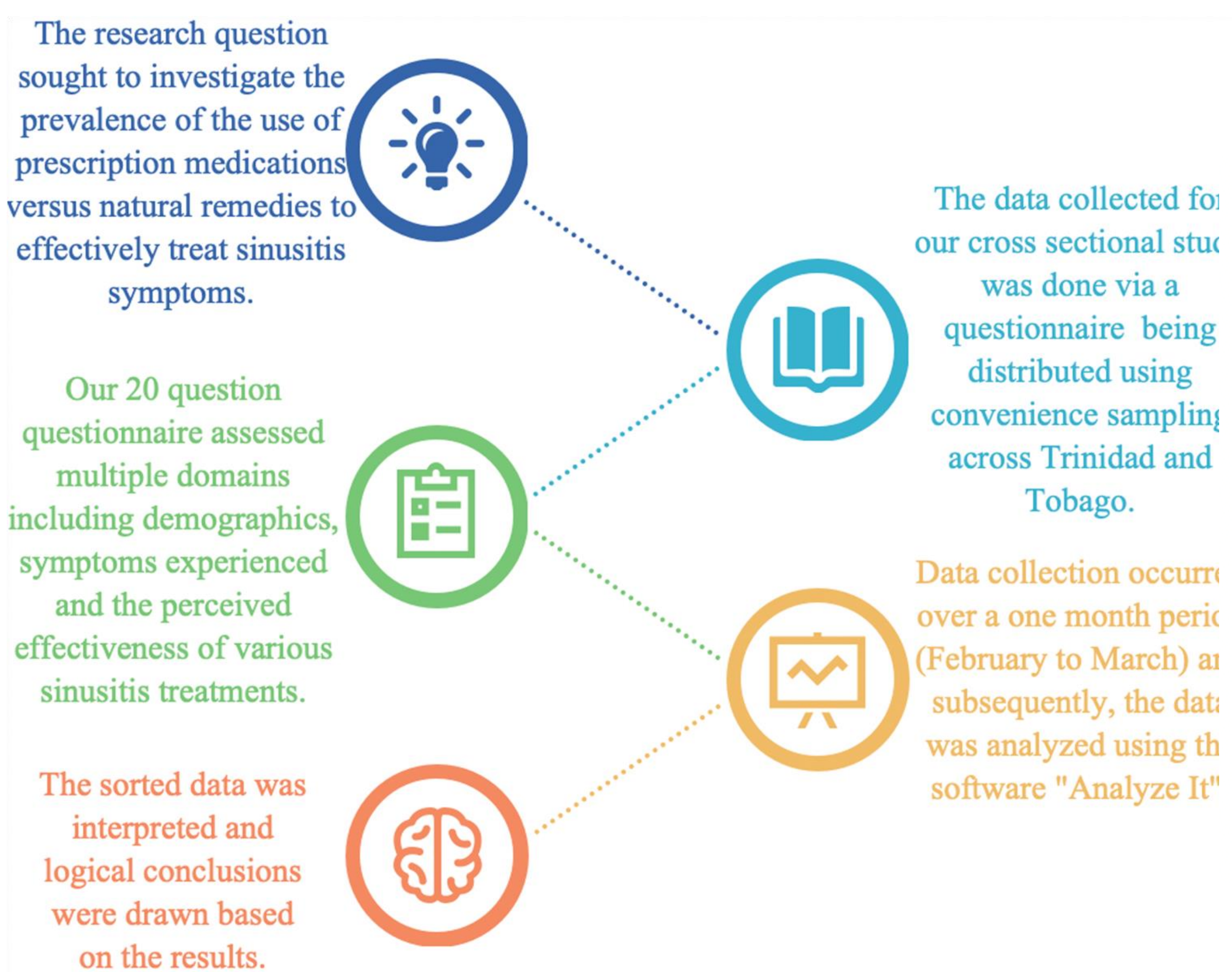
- Sinusitis is inflammation of the mucosal lining of the nose and paranasal sinuses (air-filled cavities in the ethmoid, maxillary, sphenoid and frontal bones within the skull).
- 12% of people worldwide experience sinusitis symptoms.
- Trinidad and Tobago is plagued by Saharan dust, exacerbating symptoms.
- The symptoms of sinusitis are nasal congestion, discharge, reduction/loss of smell, facial pain/pressure, fever and tooth pain.
- Currently, there is little research on effective sinusitis treatment locally.

## OBJECTIVES

**Main objective:** To examine the perceived effectiveness of prescription medication versus natural remedies in the treatment of sinusitis symptoms in Trinidad and Tobago.

**Secondary objectives:** To investigate the pharmaceutical medications and natural remedies used to treat the symptoms of sinusitis in the Trinidad and Tobago population.

## METHODOLOGY



## RESULTS

n= 173	
<b>Gender:</b>	<b>Frequency:</b>
Male	56
Female	117
<b>Residence:</b>	
Trinidad: Central	23
East	50
South	40
West	17
Tobago	41
<b>Mean Age: 31.9 (age range: 18-67)</b>	<b>Standard Deviation: 12.1</b>

Table 1 showing the demographics of the study.



Figure 1: Percentage of Persons Satisfied with Pharmaceutical Treatment Methods

Figure 2: Perceived Efficacy of Natural Remedies

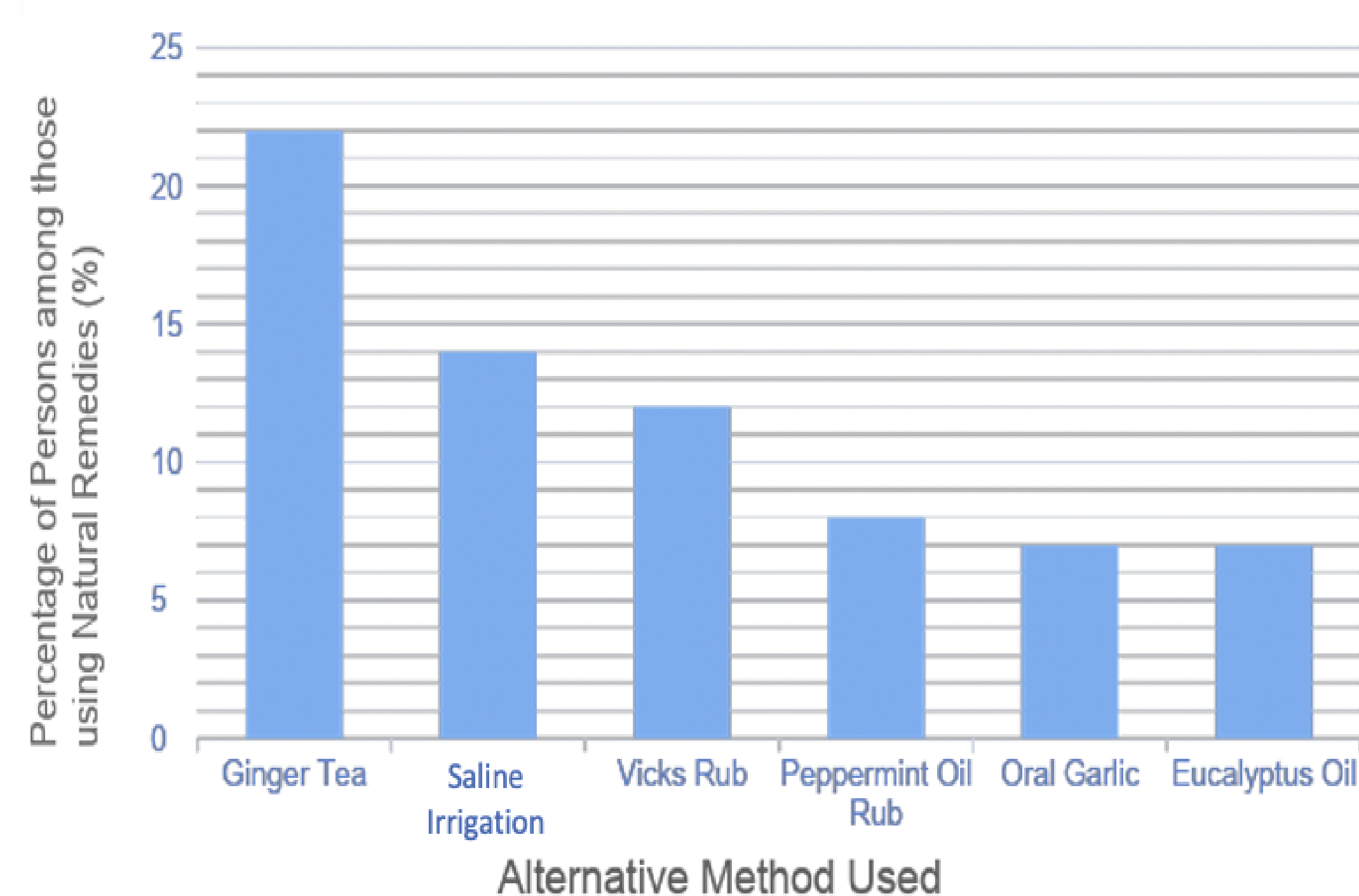


Figure 3: Most Common Natural Remedies Used

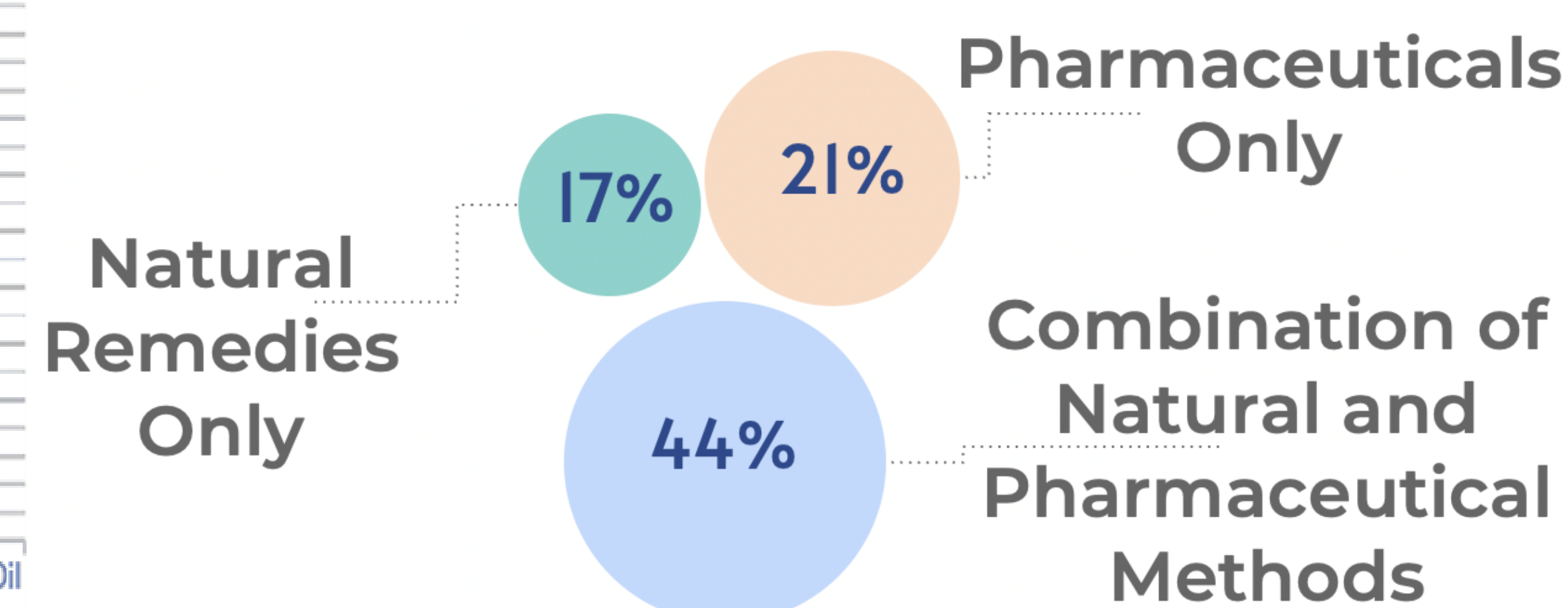


Figure 4: Preferred Method of Treatment

## DISCUSSION

- The study population can be divided into two groups; those officially diagnosed and those who were self-diagnosed.
- Antihistamines were the most used pharmaceuticals by both groups and the majority gave it a high efficacy rating (Figure 1). This may be because it is easily accessible and possesses the ability to effectively relieve allergy symptoms like a runny nose or watery/itchy eyes; which coincidentally coincide with the more common sinusitis symptoms.
- Figure 3 shows that the most common natural remedies are ginger tea and saline irrigation; and Figure 2 reveals that the majority indicated these alternatives were effective. This finding correlates with a study from the Otolaryngologic Clinics of North America and reveals that ginger extract is as effective as the allergy medication Loratadine for treating nasal symptoms because of its anti-inflammatory properties. Saline irrigation also helps to clear the nasal passage, relieving a blocked sinus.
- Figure 4 reveals that most of the participants, including those officially diagnosed, prefer to use a combination of both natural remedies and pharmaceuticals.

## CONCLUSION

Natural remedies are just as effective or even more effective than pharmaceutical medications but the combination of both is most effective.

## REFERENCES

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