

# SINONASAL IMPLANTS FOR SINUS DISEASE

THE TRADITIONAL TREATMENT OF SINUS DISEASES HAS ALWAYS BEEN drug-based but - as many patients have no doubt realised - there is only so much oral drugs can do. This is where nasal implants such as the Stratus Microflow Spacer are used.

The Spacer is a temporary implant delivered directly to the ethmoidal sinus complex or into any of the paired sinuses with an opening (i.e. the frontal, maxillary and sphenoid sinuses) and acts as a reservoir with hundreds of precision-formed micropores that enables targeted bathing of the sinus cells with a steroid known as triamcinolone acetonide.

Acting very much like a "smart bomb" for sinus mucosal inflammatory diseases, the implant's targeted release of the steroid helps restore the health and function of the mucosal lining without causing significant side effects. Contrast this with the use of oral tablets of the same drug. This drug often has systemic side effects such as weight gain, gastric irritation, sleep disturbances and worsening of sugar metabolism which in turn may worsen a diabetic's condition.

Extremely useful for the treatment of chronic sinusitis, nasal polyposis and fungal sinusitis; the implantation of the Stratus Microflow Spacer is also a good alternative to another popular treatment method for sinus conditions: Extensive removal of diseased sinus air cells. When using the implant, the patient will not have to worry about having overly large post-surgical sinus cavities or risk the formation of scar tissue.

The implant is left in the nose for approximately three weeks, after which it can be removed at a clinic as a painless outpatient procedure. The patient usually reports immediate relief from the sinus condition and this sense of relief persists even after the implant has been removed.

It should be noted, however, that certain sinus conditions such as dental sinusitis, sinonasal tumours and sinusitis associated with anomalies of the sinonasal anatomy (such as a deviated nasal septum or a concha bullosa) may not be treated through the use of a nasal implant. If the condition is treated through the oral use of steroids, the Stratus Microflow Spacer can be used as well but to greater effect with significantly less side effects. ■

