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What are the symptoms of sinusitis?

Sinusitis simply means your sinuses are inflamed—red and swollen—because of an infection or another problem. Your sinuses—specifically, paranasal sinuses—are four pairs of cavities (air-filled spaces) located within the skull or bones of your head surrounding the nose.

There are several types of sinusitis. Health experts usually identify them as follows:

- Acute, which lasts up to four weeks
- Subacute, which lasts four to 12 weeks
- Chronic, which lasts more than 12 weeks and can continue for months or even years
- Recurrent, with several attacks within a year

What are the symptoms of sinusitis?

One of the most common symptoms of any type of sinusitis is pain, and the location depends on which sinuses are affected.

- If you have pain in your forehead, the problem lies in your frontal sinuses (over the eyes in the brow area).
- Experiencing pain between your eyes, sometimes with swelling of the sindes and tissues around your eyes, and tenderness

Acute sinusitis: If you have acute sinusitis, your healthcare professional may recommend the following:

- Antibiotics to control a bacterial infection, if present
- Pain relievers to reduce any pain
- Decongestants (medicines that shrink the swelling membranes in the nose and make it easier to breathe)

Even if you have acute sinusitis, your healthcare professional may choose not to use an antibiotic because many cases of acute sinusitis will end on their own. However, if you do not feel better after a few days, you should contact your healthcare professional again.

Follow your healthcare professional’s instructions on how to use nose drops or a prescription decongestant nose drops and sprays. You should use these medicines for only a few days, as longer term use can lead to more congestion and swelling of your nasal passages.

If you suffer from sinusitis and nasal allergies, such as hay fever, your healthcare professional may recommend medicine to control your allergies. This may include a nasal steroid spray that reduces the swelling around the sinus passages and allows the sinuses to drain.

If you have asthma and then get sinusitis, your asthma may worsen. You should contact your healthcare professional, who may change your asthma treatment.

Chronic rhinosinusitis: Healthcare professionals often find it difficult to treat chronic rhinosinusitis successfully. They have two options to offer patients: medicine and surgery. Medicine options include:

- Pain relievers to reduce any pain
- Over-the-counter or prescription decongestant nose drops and sprays
- Decongestants that you put in your nose
- Nasal saline sprays
- Topical steroid sprays
- Nasal corticosteroid sprays
- Inhaled corticosteroids

Chronic rhinosinusitis: Most people with chronic sinusitis have pain or tenderness in several places, and their symptoms usually do not clearly indicate which sinuses are inflamed. Pain is not as common in chronic sinusitis as it is in acute sinusitis.

In addition to the pain, people who have sinusitis (acute or chronic) often have thick nasal secretions that can be white, yellowish, greenish, or blood-tainted. Sometimes these secretions drain in the back of the throat and are difficult to clear. This is referred to as “post-nasal drip.” Also, cases of acute and chronic sinusitis are usually accompanied by a stuffy nose, as well as by a general feeling of fullness over the entire face.
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Chapter 1
What Is Fitness?

Defining Fitness

Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. More specifically, it can be defined like this:

“The ability to perform daily tasks vigorously and identify, with energy left over for engaging leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances when an unfit person could not continue, and is a major basis for good health and well-being.”

Physical fitness involves the performance of the heart and lungs, and the muscles of the body. And, since what we do with our bodies also affects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability.

As you undertake your fitness program, it’s important to remember that fitness is an individual quality that varies from person to person. It is influenced by age, sex, heredity, personal habits, exercise and eating practices. You can’t do anything about the first three factors. However, it is within your power to change and improve the others where needed.

Knowing The Basics

Physical fitness is most easily understood by examining its components, or parts. There is widespread agreement that these four components are basic:

1. Cardiorespiratory Endurance
2. Muscular Strength
3. Muscular Endurance
4. Body Composition

Fitness Information For Teens, Third Edition

The size of your heart can vary depending on your age, size, and the condition of your heart. A normal, healthy, adult heart usually is the size of an average clenched adult fist. Some diseases can cause the heart to enlarge.

Figure 5.1. A normal, healthy heart. The arrows show the direction of blood flow. (Source: ©2008 Lennard Dart)

Figure 5.1 illustrates a normal, healthy, human heart and the pathway of blood through the heart. The heart is the muscle. It has four chambers. The heart’s upper chambers are the right and left atria. The heart’s lower chambers are the right and left ventricles. Some of the main blood vessels (arteries and veins) that make up your circulatory system are directly connected to the heart.

The superior vena cava and inferior vena cava (the plural forms of the word cava is cavae) are on to the left of the heart muscle as you look at the picture. These veins are the largest veins in the body. After your body’s organs and tissues have used the oxygen in your blood, the vena cava carry the oxygen-poor blood back to the right atrium of your heart. The superior vena cava carries oxygen-poor blood from the upper parts of your body, including your head, chest, arms, and neck. The inferior vena cava carries oxygen-poor blood from the lower parts of your body.

A Workout Schedule

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the four basic fitness components described previously. Each workout should begin with a warm-up and end with a cool-down. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are some of the activities common to the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category.

- **Warm-Up:** 5-10 minutes of exercise such as walking, slow jogging, loose lifts, arm circles, or trunk rotations. Low intensity movements that stimulate movement to be used in the activity can also be included in the warm-up.

Fitness Information For Teens, Third Edition

- **Cardiorespiratory Endurance:** The ability to deliver oxygen and nutrients to tissue, and to remove wastes, over sustained periods of time. Long runs and swims are among the methods employed in measuring this component.
- **Muscular Strength:** The ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting activities.
- **Muscular Endurance:** The ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Push-ups are often used to test endurance of arm and shoulder muscles.
- **Flexibility:** The ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.
- **Body Composition** is often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass.

Resources For More Information About Fitness

- **Action for Healthy Kids**
  - 600 West Van Buren Street, Suite 720
  - Chicago, IL 60607
  - Toll-Free: 800-416-5116
  - Fax: 312-212-0998
  - Website: http://www.actionforhealthykids.org

- **Aerobics and Fitness Association of America**
  - 15350 Ventura Boulevard, Suite 200
  - Sherman Oaks, CA 91411
  - Toll-Free: 800-YOUR-BODY
  - Website: http://www.aaaf.org

- **Amateur Athletic Union**
  - National Headquarters
  - P.O. Box 22409
  - Chicago, IL 60620
  - Toll-Free: 800-844-1479
  - Phone: 800-228-4072
  - Website: http://www.aausports.org

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