Sinus surgery can be effective, but some patients can have their symptoms return within the first year – and Julia was one of them. She needed a third procedure.

**THE TREATMENT**

Julia’s otolaryngologist suggested that she would benefit from a new, innovative medical technology – a tiny stent that a physician places in the sinuses after surgery. The device stays in place to prop the sinus open and slowly releases anti-inflammatory medicine over the next 30 days to reduce swelling. The entire device dissolves in 30 to 45 days.

“Although the acute flare-up might go away, I’d still feel the wear and tear, and feel just kind of worn down from the sinus infection,” Julia recalled.

**CHRONIC SINUSITIS: ONGOING SUFFERING**

Chronic sinusitis is one of the most common health conditions in the U.S., affecting one in eight adults. In her battle with the condition, Julia underwent two sinus surgeries involving months-long recoveries. She tried countless saline rinses, nasal nebulizers, antibiotics and steroids. Her efforts provided temporary relief, but the infections continued to return.

“Although the acute flare-up might go away, I’d still feel the wear and tear, and feel just kind of worn down from the sinus infection,” Julia recalled.

Julia Foster had been plagued with constant debilitating sinus infections for more than 20 years, ever since she was in middle school. A professional opera singer and voice teacher, her congestion and sinus pressure didn’t simply affect her personal life. It made it hard for her to do what she loved best: to sing. Today, Julia has found welcome relief in the form of sinus surgery and a tiny medical device.

**JULIA FOSTER**

of Winter Park, FL

How a tiny device is easing the misery of chronic sinusitis

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“It’s amazing that I could go from having such a bad sinus infection to feeling like everything is open. It made such a huge difference, to be able to go into those performances feeling great; feeling like I’m at the top of my game.”
Sinus stents such as Julia's reduce inflammation and scarring after surgery and lessen the need for additional procedures or oral steroids.

“Before [this device] was available, I had some significant challenges dealing with more complicated patients with intense inflammatory disease,” Julia’s doctor said. “Julia had a history of recurrent and chronic sinusitis issues that persisted. I felt that using [a sinus stent] in that area would help deliver medication right to that point of swelling and inflammation and make it heal better.”

A SUCCESSFUL OUTCOME

Less than two weeks after receiving the stent, Julia was back to performing at full capacity. Her recovery was easier and faster than from past sinus surgeries, with better results. Thanks to a tiny medical device, Julia has found relief from the misery of her chronic sinusitis symptoms – on and off the stage.

“It’s amazing that I could go from having such a bad sinus infection to feeling like everything is open,” she said. “It made such a huge difference, to be able to go into those performances feeling great; feeling like I’m at the top of my game.”

DISEASE & TREATMENT

According to the Mayo Clinic, chronic sinusitis is a condition in which the cavities around nasal passages – sinuses – become inflamed or swollen for at least 12 weeks.¹

The sinuses are a connected system of hollow cavities in the skull, lined with soft, pink tissue called mucosa. More than just a series of infections, chronic sinusitis is a persistent process of inflammation of the sinuses,² and often requires a complex combination of medicine and surgical treatments, each carrying their own side effects and risks.

Symptoms include drainage of thick yellow or green mucus, nasal blockage or congestion, difficulty breathing, pain and tenderness around the eyes and nose, reduced sense of smell, fatigue and even depression.³

Common causes include: nasal polyps (growths), a deviated nasal septum, respiratory tract infections, allergies or complications from other medical conditions.⁴

The condition most commonly affects young and middle-aged adults, but it can also affect children.⁵

A drug-eluting sinus stent offers localized, controlled drug delivery directly to the sinus tissue. Inserted by a physician to maintain the surgical opening, the spring-like stent expands to prop open the sinus and gradually delivers an anti-inflammatory medicine directly to the sinus lining as the stent dissolves.

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¹ Mayo Clinic, http://www.mayoclinic.org/diseases-conditions/chronic-sinusitis/home/ovc-20211159
² WebMd, http://www.webmd.com/allergies/picture-of-the-sinuses#1
³ Ibid
⁵ Mayo Clinic, http://www.mayoclinic.org/diseases-conditions/chronic-sinusitis/home/ovc-20211159