

## ABOUT ARENA

**ARena aims at maintaining the effectiveness of antibiotics in the long run. To achieve this, resistance must be avoided or at least slowed.**

→ Within the scope of ARena, the necessity of antibiotics prescriptions is checked. The project focuses on certain common diseases, such as infections of the upper respiratory tract and otitis media or sinusitis, that only rarely require treatment with antibiotics.

→ Doctors in 14 networks in Bavaria and North Rhine-Westphalia have agreed to have a closer look at whether antibiotic prescriptions are really necessary. To improve essential knowledge, participating doctors take part in continual training, meet in quality circles with colleagues, obtain information and discuss in which cases antibiotics make sense and in which they do not. Some doctor's offices receive the support of special software tools; in others, non-medical staff are specifically trained. Additionally, patients and the public in the regions included in the project are informed concerning "treatment with antibiotics".

## GET WELL SOON

**and please always keep in mind:**

Antibiotics are a precious commodity!

Antibiotics are not necessary in every case!

Help us maintain the effectiveness of these powerful drugs!



### DO YOU WANT TO KNOW MORE?

Please visit our website at:  
[www.arena-info.de](http://www.arena-info.de)

# Just inhale!

INSTEAD OF ANTIBIOTICS



INFORMATION ON  
**SINUS INFECTIONS**

**AND A SUCCESSFUL RECOVERY  
WITHOUT ANTIBIOTICS**

ARena

aQua  
ZUKUNFT DURCH QUALITÄT

ARZTNETZE

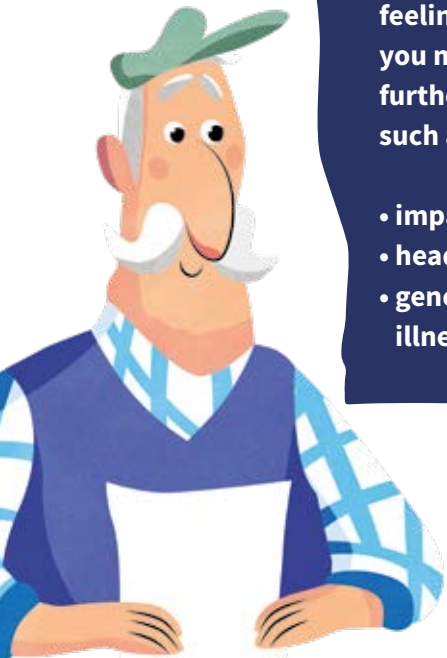
KVB  
Kassenärztliche  
Vereinigung  
Bayerns

AOK  
Die Gesundheitskasse.

## CAUSE OF THE SYMPTOMS

The nasal sinuses are air-filled cavities in the skull, which are connected with the nose through a narrow passage.

If, in the course of a cold, an inflammation of the mucous membranes of the respiratory tract occurs, fluids and mucus build up increasingly. These inflammatory fluids cannot drain properly from the nasal sinuses due to swollen mucous membranes.



Apart from a blocked nose and a local feeling of pressure, you might experience further symptoms, such as:

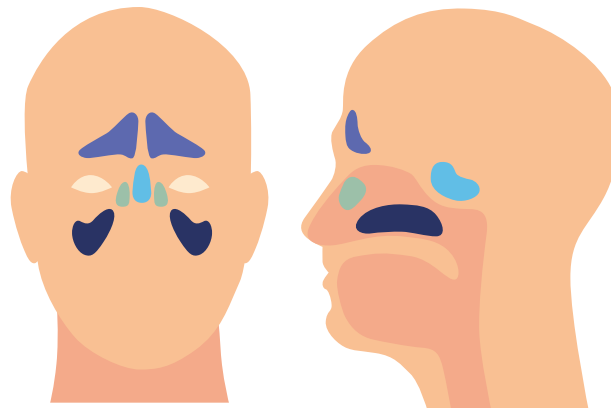
- impaired smell,
- headache,
- general feeling of illness

# Blocked nose?

This leads to a local feeling of pressure especially around the area of the nose and the cheek bones. Moreover, nasal breathing is obstructed.

This is what is called (acute) sinusitis.

## LOCATION OF THE NASAL SINUSES



frontal sinus

sphenoidal sinus

ethmoidal sinus

maxillary sinus

## WHAT YOU CAN DO YOURSELF

An acute sinusitis usually lasts for one to two weeks.

In most cases, treatment with antibiotics is unnecessary, because the disease is caused by a virus. Antibiotics are ineffective against viruses!

You can use simple home remedies to reduce symptoms and pain:

### TIPS

- Rest.
- Stay hydrated.
- Take nasal decongestants (according to package insert).
- Rinse your nasal passages with a saline wash.
- Take a steam bath (38 to 42 degrees celcius).
- Inhalation of essential oils, e.g. from eucalyptus, can prove helpful.
- With a fever: Apply leg wraps.
- If necessary and after consulting your doctor's office / pharmacy, take a pain killer, e.g. ibuprofen or paracetamol.

## WHEN TO SEE A DOCTOR

If your symptoms become worse or last longer than one to two weeks please see a doctor!