

# Stop suffering. **And breathe.**

## Do you have sinusitis?

Sometimes it can be difficult to determine if your sinus symptoms are the result of allergies and the common cold or if pressure, pain and dizziness are being caused by chronic sinusitis. To help you determine which sinus treatment is the right option for you, take a moment to answer the questions below.

## Symptom survey

Check "yes" if you have had any of the following symptoms for 10 days or longer:

	Yes	No
Facial pressure or pain	<input type="checkbox"/>	<input type="checkbox"/>
Headache pain	<input type="checkbox"/>	<input type="checkbox"/>
Congestion or stuffy nose	<input type="checkbox"/>	<input type="checkbox"/>
Thick, yellow-green nasal discharge	<input type="checkbox"/>	<input type="checkbox"/>
Low fever (99-100 degrees)	<input type="checkbox"/>	<input type="checkbox"/>
Bad breath	<input type="checkbox"/>	<input type="checkbox"/>
Tooth pain	<input type="checkbox"/>	<input type="checkbox"/>

## Duration and frequency

	Yes	No
Have you experienced these symptoms for 12 or more consecutive weeks?	<input type="checkbox"/>	<input type="checkbox"/>

In the past year, have you experienced these symptoms for 10 days or longer on four separate occasions—with interim periods of no symptoms?

If you answered yes to three or more of the symptom descriptions, and yes to either extended (12+ weeks) or repeated (4+ times) outbreaks, you may suffer from chronic or recurrent sinusitis. An examination by an ear, nose, and throat (ENT) specialist is strongly encouraged.

Be sure to ask your ENT specialist about balloon sinus dilation—it may be the lasting treatment option that's right for you.

→ If you have facial pain or pressure, place an "x" on the face below to show where you are feeling that pain or pressure:



Please rate your current facial pain/pressure on a scale of 1 to 5, 1 being no pain, and 5 being severe pain.



On what date did you first start experiencing these symptoms? \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Learn more about your options at [SinusSurgeryOptions.com](http://SinusSurgeryOptions.com)

Stryker's XprESS ENT dilation system may be used to treat certain conditions affecting the sinus above your eyebrows and behind your cheeks and eyes. Your physician will need to determine if your condition is one that may benefit from the XprESS system. Possible side effects include but are not limited to post-operative bleeding; pain and swelling; allergic reaction to anesthesia or other medications administered during the procedure; or infection. Your condition may not respond to this treatment. To learn more about this procedure and the potential risks, ask your physician.

**Caution:** Federal (USA) law restricts this device to sale by or on the order of a physician.

This document is intended solely for the use of healthcare professionals. A surgeon must always rely on his or her own professional clinical judgment when deciding whether to use a particular product when treating a particular patient. We do not dispense medical advice and recommend that surgeons be trained in the use of any particular product before using it in surgery.

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