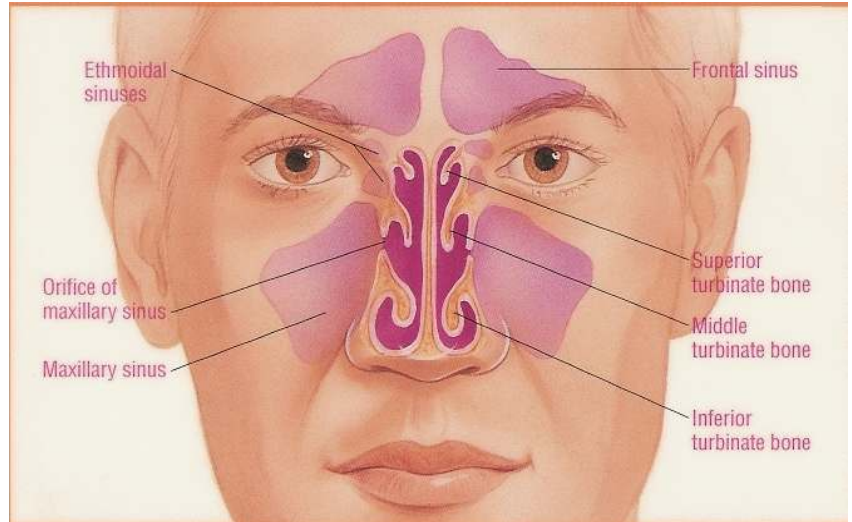




Phil MaCavity says "Just Floss 'Em"

YOU'VE GOT SINUSITIS

You have been diagnosed with Sinusitis, an infection of the air spaces beside and around the nose. When the lining of these spaces is inflamed the nerves passing by the lining may be irritated by the infection. This is commonly interpreted as pain in the teeth, and sensitivity to pressure applied to the cheek and the side of the nose. It is not uncommon for there to be pain in the face when the foot is stamped or when walking, and this is made worse when you bend over and touch your toes.



This is what you should do:

- Keep the environment about you moist with a humidifier.
- Have long hot steam showers .
- Sleep with your head side down opposite the infection to let the fluid drain from the infected sinus.
- Try this regime for a few days, and if the symptoms do not subside see your doctor or an Ear, Nose and Throat specialist. I recommend Dr. Marty Hopp's and Dr. Nicholas L Schenck's group practice on 310 657 5763 at Cedars, 8631 West 3rd #440 East Tower, Los Angeles 90048

We want you to be happy with your teeth. Let us help you. - Thank you.

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