

**SPECIAL GUIDE REVEALS**

**HOW TO**

**GET RID OF SINUS  
INFECTIONS AND EXPERIENCE  
IMMEDIATE RELIEF**



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# Hello

**Welcome to your first step toward sinus relief!** If you are reading this report, it's because you have questions about where to turn for help in dealing with the symptoms and cause of chronic sinusitis. You're here to take the first step in seeking more information and finding an answer to your questions. It is our hope that with this special report you will gain a better understanding of how the options available to you can help you lead a full and healthy life.

In this report, we will address some of your most common concerns and questions. Here are some of the things you'll learn:

- Things you can do today that will give you control over your sinuses
- The steps you should go through to determine if a visit to our office is required
- How to pick the right doctor to bring you relief
- Why some of the things you may be doing now only serve to make your symptoms worse



## I want my life back

You feel a deep, dull, or throbbing pain around your eyes, cheeks or forehead. It seems that the pain can intensify with something as simple as a sudden head movement or bending down to pick something up.

Fatigue seems to be your constant companion because sleep is hard to come by since you have difficulty breathing at night. This doesn't include the extra energy required just to breathe through a stuffy nose throughout the day. As a result, you deal with fogginess and an inability to focus for extended periods of time. You don't feel like you have enough energy to meet all of the day's demands.

It's no secret that suffering from sinusitis makes it difficult to function from day-to-day. The sinus pressure, facial pain, headaches, congestion, fatigue, and difficulty breathing aren't just symptoms, they are real obstacles that stand in the way of you living a full, active, and rewarding life.

You know that medications, antibiotics, and over-the-counter sprays aren't really making it any better. They only provide a tiny window of relief, a short break in the torment that has plagued you for far too long.

What you really want is a simple, effective, long-term solution to this problem.

In a nutshell, you want your life back.

**DOES ANY OF THIS SOUND FAMILIAR?**





# How to breathe freely

You're experiencing pain and you want it to stop, but where do you begin? Here are three different tips you can try today to overcome the discomfort.

There are a number of over-the-counter options available to help you feel human again.

1. You could try a nasal decongestant like Afrin®. When used as directed it will constrict the blood vessels in your nose which results in a reduction of swelling in your nasal tissues, allowing you to temporarily breathe better.

### **A Word To The Wise About Using These Types Of Products.**

*A number of sufferers who use this or similar products are using them incorrectly. These type of sprays should only be used for the manufacturer recommended period of time. Any additional use can lead to nasal passage damage and the inability to respond to the decongestant, also known as "rebound swelling".*

### **In other words, the more you use the worse the problem gets.**

2. Nasal steroid sprays like Nasacort® and Flonase® are also available without a prescription and also decrease inflammation within the nasal passages, thereby relieving nasal symptoms.
3. In their search for relief many sinus sufferers have turned to nasal saline irrigation, a therapy that uses a salt and water solution to flush out the nasal passages. The updated AAO-HNSF adult sinusitis guideline shows nasal saline irrigation may reduce symptoms, decrease medication use, and improve quality of life for adult patients with acute or chronic sinusitis.



## What if these don't work?

For people with chronic sinus infections, the treatments and remedies just mentioned may not provide lasting relief. For them, a simple and more long-term option may be needed.

So, if you've tried over-the-counter options regularly for about **four weeks** and are still not getting the level of relief you desire, then it may be time to schedule a visit with a doctor to see exactly what is happening to cause your discomfort.



## Selecting the right doctor

If you find yourself missing out on work or important social events due to ear, nose and throat problems, it's time to consult with an ENT specialist.

In order to find an ENT doctor that is best suited for you, compile a list of doctors in your area, eliminating any candidates who are not listed as board-certified. Then research their level of expertise, their approach and leadership to offering options that include out-patient, minimally invasive procedures to their patients and how long they've been practicing.

As an example, our own **Dr. Roy Lewis**, is an ENT doctor board certified in otolaryngology, the study of ear, nose and throat. Dr. Lewis treats all aspects of ear, nose, and throat problems and specializes in Balloon Sinuplasty to treat chronic sinusitis non-surgically. Dr. Lewis was one of the first ENT specialists trained in Balloon Sinuplasty and **has performed more than 300 Balloon Sinuplasty procedures** since 2008, making him one of the most experienced ENT doctors in North Carolina.

Roy Lewis, MD

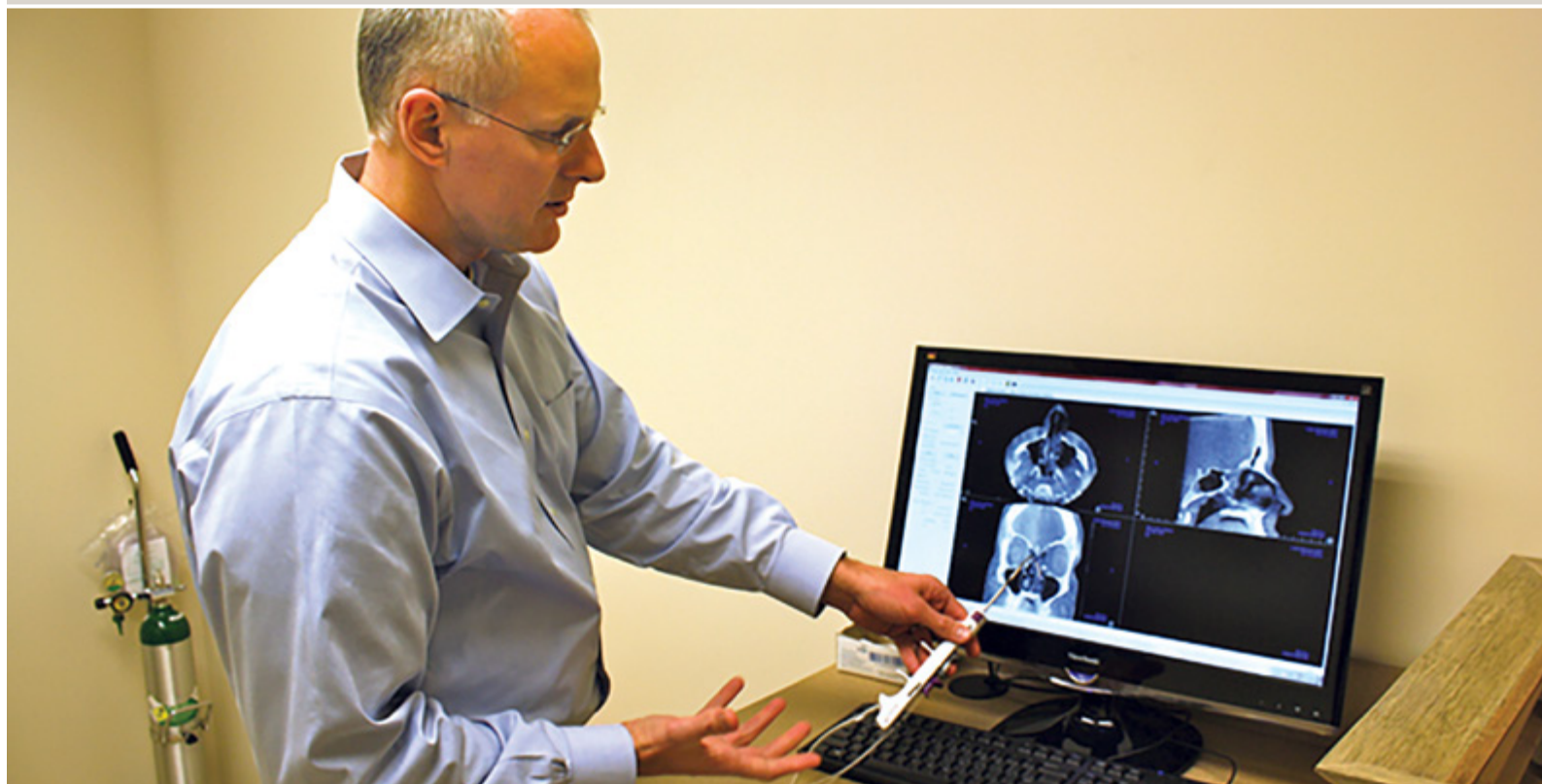


## Looking for a simple, long-term solution?

If you're tired of running on the hamster wheel of medical management, and are ready for a simple long-term solution to your chronic sinusitis you may want to consider Balloon Sinuplasty.

This breakthrough procedure is a minimally invasive, low-risk method used to open blocked sinus passages and allow adequate ventilation and restore natural drainage. Balloon Sinuplasty is a safe, non-surgical procedure performed in a doctor's office under local anesthesia.

This treatment has been performed on over 330,000 patients suffering from chronic sinusitis worldwide, and the best part is that it's covered by most insurance plans and you're back on your feet the next day. We mentioned earlier that we understand that you want your life back.





## You're standing at a crossroads

There are two roads before you. The one on the left is the road you've been travelling already. It's painful and denies you the best life possible.

On the right is the road to better relief. It's the life that allows you to:

- Breathe more easily all day, every day
- Sleep peacefully through the night
- Be able to focus all day and still have the energy to do the things you love

If you want to be somewhere different than you are now, you'll have to do something different than you're currently doing.

Take the first step toward a different future by visiting [lakebreezeent.com](http://lakebreezeent.com) now to find out if Balloon Sinuplasty is right for you or call our office today at [704-842-3085](tel:704-842-3085).







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