

Honey effective in killing bacteria that cause chronic sinusitis

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Honey is very effective in killing bacteria in all its forms, especially the drug-resistant biofilms that make treating chronic rhinosinusitis difficult, according to research presented during the 2008 American Academy of Otolaryngology-Head and Neck Surgery Foundation (AAO-HNSF) Annual Meeting & OTO EXPO, in Chicago, IL.

The study, authored by Canadian researchers at the University of Ottawa, found that in eleven isolates of three separate biofilms (*Pseudomonas aeruginosa*, and methicillin-resistant and -sensitive *Staphylococcus aureus*), honey was significantly more effective in killing both planktonic and biofilm-grown forms of the bacteria, compared with the rate of bactericide by antibiotics commonly used against the bacteria.

Given the historical uses of honey in some cultures as a homeopathic treatment for bad wound infections, the authors conclude that their findings may hold important clinical implications in the treatment of refractory chronic rhinosinusitis, with topical treatment a possibility.

Chronic rhinosinusitis affects approximately 31 million people each year in the United States alone, costing over \$4 billion in direct health expenditures and lost workplace productivity. It is among the three most common chronic diseases in all of North America.

Source: American Academy of Otolaryngology

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