Depression is a common problem in patients with chronic rhinosinusitis (CRS) and negatively impacts patients' symptom burden, ability to function, and quality of life (QOL), according to new research published in the March 2011 issue of Otolaryngology - Head and Neck Surgery.

Nearly 14 percent of Americans suffer from chronic sinusitis and may have the following symptoms for 12 weeks or more: facial pain/pressure, facial congestion/fullness, nasal obstruction/blockage, thick nasal discharge/discolored post-nasal drainage, and periodic high fever. If antibiotics are not effective, these symptoms can lead to endoscopic sinus surgery to clear clogged sinuses.

"Depression is common and underreported in patients with CRS. Depression significantly impacts patients' quality of life," said study author Jamie Litvack, MD, MS. "Depressed patients with CRS report worse disease-specific and general health-related QOL than other CRS patients, but experience comparable post-operative improvement in quality of life after endoscopic sinus surgery. Perhaps with better diagnosis and treatment of depression in this subset of patients, their outcomes of care can be further improved."

Provided by American Academy of Otolaryngology - Head and Neck Surgery