



急性鼻竇炎

Acute Rhinosinusitis

甚麼是急性鼻竇炎？

What is acute rhinosinusitis?

鼻竇炎是指鼻腔及鼻竇內黏膜壁發炎。急性鼻竇炎的成因通常是呼吸道病毒感染引致的傷風有所相關，當中少部分(一成以下)的個案可能繼發細菌感染（如肺炎鏈球菌、流感嗜血桿菌）。

Rhinosinusitis is the inflammation of the mucosal lining in the nasal cavity and paranasal sinuses. Acute rhinosinusitis is usually caused by respiratory viruses associated with common cold and a small proportion (less than 1 in 10 cases) can be secondarily infected by bacteria (e.g. *Streptococcus pneumoniae*, *Haemophilus influenzae*).

急性鼻竇炎有甚麼病徵？

What are the symptoms of acute rhinosinusitis?

咳嗽、鼻塞或流鼻涕、發燒、口氣、頭痛、面部脹痛等。

Cough, nasal blockage or discharge, fever, bad-breath, headache, facial pain and swelling, etc.

如何診斷急性鼻竇炎？

How is it diagnosed?

你的家庭醫生會根據你的病歷和身體檢查作出診斷並斷定你病情的嚴重性。如感染嚴重，你可能需要入院作進一步治療。

Your family doctor will base on your medical history and physical examination to make the diagnosis and determine your disease severity. If the infection is severe, you might need to be admitted to hospital for further treatment.

我需要抗生素嗎？

Do I need antibiotics?

由細菌引致的急性鼻竇炎通常需要使用抗生素，你應遵從家庭醫生指示完成整個療程。此外，多喝飲料以及多休息亦會對病情有幫助。

Acute rhinosinusitis caused by bacteria usually requires antibiotics. You should finish the course as instructed by your family doctor. Drinking plenty of fluids and getting enough rest would be helpful too.

我何時需要求診？

When should I call my doctor?

你應該在接受有效治療數天內好轉。如病情沒有因治療而改善甚至轉差（如持續發燒、全身乏力、面部疼痛）或你對病情有所擔心，請儘快向你的家庭醫生諮詢意見。

You should be feeling better in several days upon effective treatment. Seek advice from your doctor if your symptoms do not start to improve but get worse (e.g. persistent fever, malaise, facial pain) or you are worried about your illness.

如何預防急性鼻竇炎？

How to prevent acute rhinosinusitis?

建立健康的生活模式，增強個人免疫力，並保持良好的個人衛生。

Adopt a healthy lifestyle, strengthen body immunity, and maintain good personal hygiene.

此單張由你的家庭醫生提供，有關資料只提供一般概要，並不適用於所有情況，請諮詢你的家庭醫生以獲取更多相關的資訊。

This patient information sheet is provided to you by your family doctor. The information just provides a general overview and may not apply to all.

Always consult your family doctor for more information.