

International Sinus Expert Identifies Best Strategies to Prevent and Limit Swine Flu Infection

Jordan S. Josephson, MD, FACS is an internationally renowned nasal and endoscopic sinus surgeon and the **Director of the New York Nasal and Sinus Center in Manhattan**. He has recently written a book for the public entitled Sinus Relief Now (www.sinusreliefnow.com). Dr Josephson is the Web MD top consultant on Sinus Problems, Allergies, Asthma, Snoring and Sleep Apnea.

We sought his advice for dealing with the Epidemic of the Swine Flu H1N1 virus, particularly in light of the documented issues in obtaining vaccination.

Dr. Josephson fully endorses vaccination as the first line of defense against H1N1 and seasonal flu. He went on to explain that there are additional measures everyone can take to protect themselves, even without the vaccination.

Dr. Josephson explained the best strategies for avoiding a debilitating case of H1N1 are the same strategies that are effective against the seasonal flu. And those strategies start with the understanding H1N1 and other flu viruses enter the body through the nose/nostrils and mouth/throat. When the virus enters the body through these portals, the opportunity for infection and illness are real. Dr. Josephson emphasizes it is important to wash these areas as frequently as possible:

1. During flu season, **irrigate and clean your sinuses and nose** with saline spray regularly. Use Goldberger's Saline, AYR or similar products, which are relatively inexpensive. Children and adults alike can do this. In addition, saline irrigation with a Neti pot, squeeze bottle, a Grossan Hydropulse, or similar device will wash the virus from your nose and sinuses where it can linger causing infection, or enter your lungs causing bronchitis or worsening of asthma. Your nose and sinuses can harbor H1N1 and other flu viruses, which, if not removed can infect your bodies system leading to significant illness. These effective irrigation techniques are easy to perform.
2. **Gargle** at least twice a day with an 8 ounce glass of water with a quarter of a teaspoon of salt and a capful of mouthwash. H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and develop characteristic symptoms. Simple gargling prevents or limits proliferation.
3. **Wash** your hands frequently. Shower when you return home (before you get into bed) to wash off any virus that may be on your skin or in your hair.
4. "**Hands-off-the-face**" approach. Resist all temptations to touch any part of face.
5. **Drink plenty of fluids** including warm liquids like non-caffeinated herbal teas. These fluids wash viruses from the throat into the stomach where they cannot survive to infect or harm you.

6. **Protect and boost your natural immunity** with Vitamins, rest, and a well balanced diet.

7. If you come down with the flu, **speak with your physician** regarding the use of Tamiflu.

Jordan S. Josephson, M.D. has recently written a book for the general public entitled *Sinus Relief Now* (Penguin)(www.sinusreliefnow.com), an excellent resource on sinus disease, allergies, asthma, snoring and sleep apnea and GERD (gastro-esophageal reflux disease) which he finds are all related inflammatory diseases. He explains the connection with the term CAID -chronic airway-digestive inflammatory disease. Dr. Josephson was recently featured on Oprah where he explained his success in treating snoring and sleep apnea. He was featured in NY Magazine as one of 13 innovators in medicine and is listed as one of Castle Connolly's Top Doctors in the United States. He was awarded the first Fellowship in Endoscopic Sinus and Nasal Surgery in the United States by the Johns Hopkins Medical Center, where he also held the rank of Academic Instructor. He served as a consultant to the National Institutes of Health for six years where he did research on Wegener's Granulomatosis, nasal and sinus disease.

Presently, Dr. Josephson is in private practice in Manhattan, affiliated with the prestigious medical institutions of Lenox Hill Hospital, Manhattan Eye, Ear & Throat Hospital and St Luke's-Roosevelt Hospital Center. Beyond traditional clinical treatment of his patients, Dr. Josephson actively participates in the latest research in his specialty and shares his extensive knowledge as a medical educator, lecturing around the world. Dr. Josephson treats patients is known for treating patients with difficult sinus disease, allergies, asthma, GERD, snoring/sleep apnea, and nasal deformities leading to airway obstruction. He performs nasal surgery including rhinoplasty for nasal breathing and deformity problems. Dr. Josephson utilizes the best of eastern alternative and western medicine treatment in conjunction with his expertise in Functional Endoscopic Sinus and Nasal Surgery and Snoring Sleep Apnea Surgery to treat the most complicated cases.

I suggest you pass this on to your entire e-list. You never know who out of your friends might benefit and despite the fact that we all feel invincible you never know who by paying attention to this may stay well through this epidemic - and **STAY HEALTHY AND SAFE** because of it.