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## Chronic rhinosinusitis: Evaluation and management in primary care

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Chronic Rhinosinusitis can be refractory and significantly impact loss of work productivity, work absence, disease-specific quality of life measures and annual health care costs. It is not felt to simply be an infectious problem and various inflammatory pathways and host factors play an important role in addition to biofilms. Medical management should be tailored to the specific comorbidities and concerns of an individual patient, while treating acute exacerbations with amoxicillin-clavulanate; second or third generation cephalosporins or fluoroquinolones. Treatment of nasal polyposis is important when present; and treatment of additionally targeting pertinent pathophysiology in asthma and cystic fibrosis improve treatment efficacy. In this presentation, I will discuss how to evaluate and effectively treat causes of chronic sinusitis in the primary care setting, in addition, discussing when to refer these patients for specialty care.

### Recent Publications

1. Holmes R L and Fadden C T (2017) Evaluation of the patient with chronic cough. *American Family Physician* 69(9):2159-2166.
2. Marlow N H, Malaty J, Jo A, Tanner R J, Beau de Rochars V M, Carek P J and Mainous A G (2017) Hearing impairment and undiagnosed disease: the potential role of clinical recommendations. *Journal of Speech, Language and Hearing Research* 60(1):231-237.
3. Carek P J, Malaty J, Dietrich E, Lombardi J, Porter M B, Blanc P and Samraj G (2016) Addressing hospital readmissions: impact of weekly meeting. *Family Medicine* 48(8):638-641.
4. Malaty J (2016) Medical management of chronic Rhinosinusitis in adults. *Sinusitis* 1:76-88.
5. Dieuvil M and Malaty J (2016) An uncommon cause of acute encephalopathy in liver cirrhosis. *BMJ Case Reports*.

### Biography

John Malaty is an academic family Physician, who is board certified by the American Board of Family Medicine and who also has prior Residency training in Otolaryngology, where he learned specialized clinical care skills about evaluating and managing ear, nose and throat problems that are frequently encountered in primary care. He has expertise in ear, nose and throat conditions in primary care. His expertise has led him to publish and present nationally and internationally in this field, with a number of solicited articles and presentations and to teach these skills to Family Medicine Residents in an academic Family Medicine Residency training program at the University of Florida.

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