

## **QUALITY OF LIFE ESTIMATION AMONG PATIENTS WITH VARIOUS DISEASES OF SINUSES**

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Our respiratory system is constantly exposed to various external influences. Inhaled air brings with itself dust, bacteria, viruses, and allergens to nasal cavities. Factors which favor infections of upper airways include tobacco smoking, irritants in inhaled air, and structural changes associated with anatomical abnormalities. The role of epithelial cells in the development of allergic sinusitis has recently been underlined. The role of paranasal sinuses in human organism has been considered for 18 centuries and various theories has been developed to explain their significance. They are thought to be a rudimentary organ but their role increases drastically when they are involved in pathological process. Sinusitis is one of most frequent ailments and affects around 12% of population. The main reason for development of sinusitis is attributed to patency loss within orifice-ductal complex of the sinuses. This leads to drainage and ventilation aberrations. Decrease in physical, psychological, sociological, and emotional efficiency as well as self-esteem come as a consequence. Untreated sinusitis leads to various complications. Quality of life estimation among patients with various diseases of sinuses, such as chronic and acute sinusitis, treated in ENT wards of Szczecin's hospitals, was the aim of the study. SF-36 questionnaire including self-estimation in 8 different areas of life was used to examine the subjects. 184 patients indicated a significant decrease of life quality in all 8 areas, on the level of 65% of normal health state. Sleeping disorders due to sinusitis were reported by 59% of subjects, while 38% had problems with communication with their family because of pain. Our results indicate that acute diseases are associated with limitations caused by pain and bad overall disposition. Physical activity, social functioning, mental state, and everyday activities are affected more rather by chronic than acute sinusitis, which leads to decrease of life's quality of patients.