

Useful Telephone Numbers

ENT Partnership

Surrey Clinic – 01252 852552

Frimley Park Hospital

Switchboard – 01276 604604

Parkside – 01276 604703

FI (Children's Ward) – 01276 604226

ENT Ward – 01276 604130

Clare Park Hospital

Switchboard – 01252 850216

Information for Patients on

Reducing Catarrhal Problems

The ENT Partnership – Surrey Clinic

Spire Clare Park Hospital Crondall Lane Crondall Farnham GU10 5XX

T 01252 852552 F 01252 851331

E infosurrey@entpartnership.co.uk www.entpartnership.co.uk

The ENT Consultants are

Jonathan Hern FRCS (ORL).

Appointed to Frimley Park Hospital in 2003. Special interest in rhinology including rhinoplasty surgery and also voice problems.

David Jonathan FRCS.

Appointed to Frimley Park Hospital in 1991. Special interest in ear surgery, including implantable hearing aids. Involved in the regional training of ENT surgeons.

Andrew McCombe MD FRCS (ORL).

Appointed to Frimley Park Hospital in 1995. Special interest in head and neck surgery. Involved in the management of NHS services. Special interest in medicolegal work.

Introduction

Catarrh can be persistent and can also make it very difficult to maintain a good voice, especially if you have a job with high vocal demands. It is often worse first thing in the morning.

The following steps can be taken to try and reduce symptoms:

1 Steam Inhalation

This will often relieve the initial “blocked” feeling upon waking. In addition, it soothes the larynx, which may be dried out due to mouth breathing during the night.

2 Atmosphere

A warm, dry atmosphere will encourage the airway to dry out. Try to ensure adequate ventilation and humidification. Air conditioning can be particularly drying, as can car-heating systems, with warm moving air. You might like to consider leaving the car heater off or opening the window a little.

Avoiding sitting too close to a heat source, especially hot air blowing heaters. Plants or bowls of water placed in a room may help.

3 Fluid Levels

Dehydration will be felt rapidly by the larynx. Ensure that your body is kept well hydrated. Aim to drink at least four pints of fluid (non-alcoholic) per day. Space out these drinks and do not allow your throat to become dry.

4 Diet

Catarrh seems to be increased by certain foods in some people; although clear scientific evidence this occurs is inconclusive.

Dairy products are often found to increase mucous levels, as is fresh orange juice and chocolate. It might be worth cutting down on these products for a month, to see if there is any difference, before gradually re-introducing these foods.

5 Throat Clearing

It is easy to become an “habitual throat clearer” if you have catarrh. Remember, this can damage the larynx. A “productive cough” is better than repeated throat clearing. If you have a dry cough, keep a bottle of water with you and take frequent sips.

6 Breathing

Breathe through you nose **not** your mouth; this will help keep the nasal airway clear.

Often, saline (saltwater) nasal douching can help with catarrh. You can either make up your own solution (half a teaspoon of salt mixed in a pint of boiled water – then cooled) or buy a commercial seawater solution (sterimar) from a chemist. Aim to douche the nose three or four times a day.

Sources of additional information

The Surrey & Hampshire ENT Partnership

www.entpartnership.co.uk

British Association of Otorhinolaryngologists

www.entuk.org

The National Asthma Campaign

<http://www.asthma.org.uk>

The American College of Allergy, Asthma & Immunology (ACAAI)

<http://allergy.mcg.edu>

Pollen forecast

www.pollenforecast.org

British Allergy Foundation

Deepdene House, 30 Bellegrove Road, Welling, Kent DA16 3BY

Helpline: 020 8303 8583

The National Asthma Campaign

Providence House, Providence Place, London N1 0NT

Tel: 020 7226 2260