



UNC
KIDNEY CENTER

Podcast Transcript:

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Vasculitis Foundation- North Carolina/Raleigh Chapter patient support meeting

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“How do I know what is causing my sinus inflammation?”

Okay, let's have a show of hands. How many people in this room have ever, in their entire life, had sinusitis? Of those people who are not patients, but are here as a supporting group, who in this room has had sinusitis—non-patients? It's overwhelming. So, it turns out, that in North Carolina, sinusitis is one of the most common diagnoses. So is the sinus inflammation a cause of the same sinus disease that you had when you were 25 and a consequence of the green pollen that all of us just got over and thankfully, the storms came and washed the green off my car? Or, is it the disease? Or, is it a consequence that there's scarring in your upper respiratory tract that now predisposes you to have more infections in your upper respiratory tract. Or, is it a combination of all of those? And I think a really good ear nose and throat person who will spend more than five nanoseconds with you, will be able to help. At least get an educated guess. Is this infection? Inflammation? Or Vasculitis? Or a combination? And treat with antibiotic, or this local concoction? Or, in fact, say, no, you really need to increase or restart an immunosuppressive drug?

And that is a constant dynamic interplay. Is there an x-ray test that will help us determine if the sinuses are or are not involved? Wouldn't it be wonderful. The CT scans do not tell you whether it's infection, disease or just inflammation. MRIs don't. Nuclear medicine studies don't. The best approach is visualization.

But I'll tell what I think is even the better approach: I think you know in your gut whether it's your disease, or whether it's infection. And I think over time, patients know whether they're flaring. So listen here very carefully. Patients are almost always right. If your physician looks at you and says: I don't think that you're flaring. Make sure that they've listened really carefully. And, you have every right to press your physician repetitively. Are you really sure I'm flaring? And ask the question, How sure are you? And if they're honest, they'll say, I'm really not sure. And, go with your gut feeling.