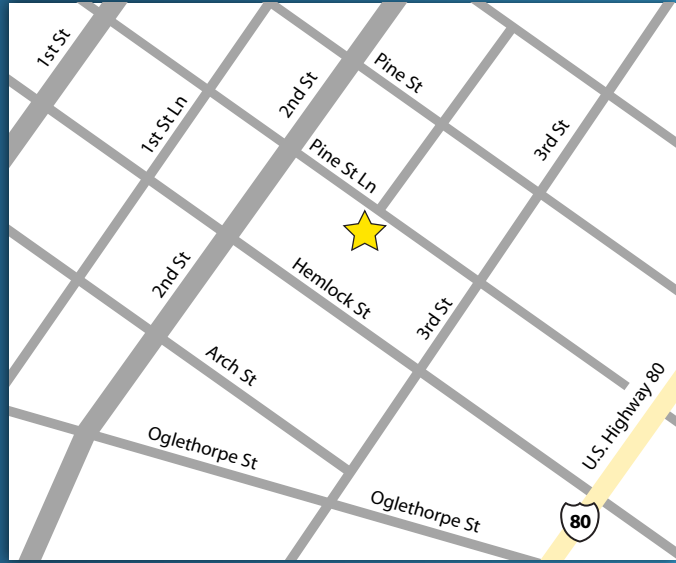




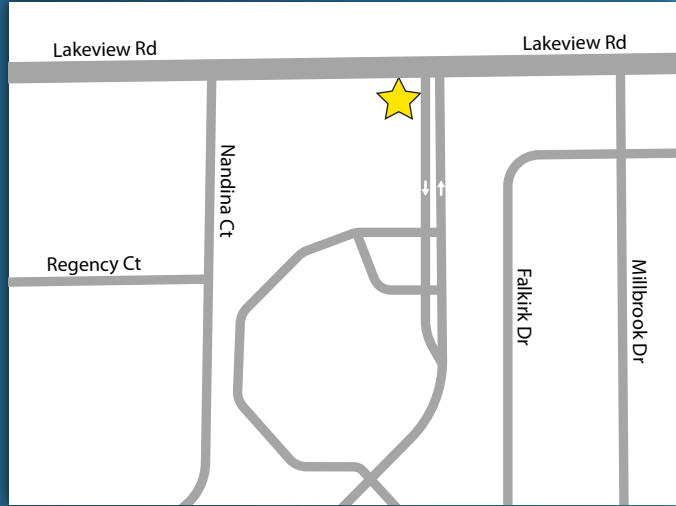
About the ENT Center of Central Georgia

The ENT Center of Central Georgia brings together the very best physicians and support staff dedicated to providing you an exceptional patient experience. In our pursuit to provide excellence in medical treatment, we listen to our patients and focus on their symptoms. We develop individualized treatment plans based on your unique needs and treat you like we would a family member. Whether you have hearing problems, allergies, dizziness, sinus infections, snoring, or any other ear, nose, and throat related problem, we can help.

For more information, contact one of the elite health care professionals at The ENT Center of Central Georgia today: 1-800-253-8953



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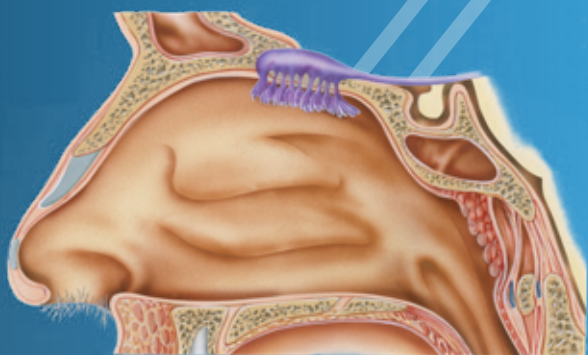
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The ENT Center of Central Georgia

Our Doctors Explain: NOSEBLEEDS



www.theentcenter.com



What Are Nosebleeds?

Literally bleeding from the nose, although perhaps alarming, nosebleeds are a common occurrence and rarely a sign of a more serious medical condition. More of a nuisance than anything, nosebleeds are usually the result of minor irritations in the nasal passages, and most common in children younger than 10, or adults older than 50.

When the membranes lining the inside of the nose dry out and become irritated, the blood vessels break, causing a nosebleed. These are more common in the winter months, when the air is cold and dry. Other factors that may contribute to nosebleeds include colds and allergies, sinus infections, nose picking, blowing the nose too hard, frequent sneezing, overuse of nasal sprays, foreign objects in the nose, and trauma to the nose.

If nosebleeds are chronic or occur frequently, they may be the result of high blood pressure or other vascular diseases or, in rare cases, a serious medical condition like a tumor.

What Are the Symptoms of Nosebleeds?

The nose is prone to bleeding due to a large number of blood vessels close to the surface, especially in the cartilage of the nasal septum. When these burst, blood may trickle (or, in some instances, seep) from the nose. This is most often the result of trauma to the nose, blowing or picking the nose, and dry or cold air.

Other causes include sinus infections, colds and allergies, foreign objects in the nasal cavity, blood clotting disorders, high blood pressure, atherosclerosis and overuse of nasal sprays. Aspirin can exacerbate the condition. A hereditary disorder known as hereditary hemorrhagic telangiectasia is characterized by malformed blood vessels that break easily.

Most nosebleeds originate in the front of the nose and are characterized as anterior nosebleeds. These are easy to control and rarely pose a problem. Posterior nosebleeds are rare, but much more serious. They originate from an artery in the back of the nose, and require immediate hospitalization and treatment. These are most common in the elderly.

How Are Nosebleeds Diagnosed?

Nosebleeds are usually diagnosed by a simple physical examination. Your doctor will check for possible foreign objects, and may conduct blood tests to rule out blood disorders.



How Are Nosebleeds Treated?

Though your nosebleed may look serious, chances are there is much less blood than appearances would lead you to believe. Sit down and lean forward slightly while pinching your nostrils together using a thumb and index finger. Hold this position for at least five minutes, or until the bleeding has stopped.

Refrain from blowing your nose afterward. If the bleeding hasn't stopped after 20 minutes or is the result of an injury to the face, seek medical attention. We can deal with a bleeding nose by cauterizing the blood vessels or inserting packing into the nasal cavities. Sometimes, anticoagulants and anti-inflammatories can cause nosebleeds. If you suspect this is the case, talk to us about alternative medications.

If you are prone to frequent nosebleeds, there are steps you can take to prevent them. Keep the nasal lining moist with a light coating of petroleum jelly several times a day, or use a saline nasal spray. Run a humidifier, especially if you live in a dry climate. Quit smoking; this causes dryness and irritation.

Fortunately, most nosebleeds are minor and rarely a cause for alarm. It is estimated that one out of every seven individuals suffers from at least one nosebleed in his or her lifetime.