

How sinusitis causes congestion

The sinuses are hollow cavities around the cheek bones and eyes that warm, moisten and filter air.

Sinusitis is an inflammation of these cavities that results as a complication to a cold or allergies. When the lining inside the nose and sinuses become infected, it swells and creates excess mucus. This mucus blockage creates the perfect conditions for the growth of bacteria, which results in an infection.