

AMWA South Bay

January 2011



It's a new year and AMWA South Bay welcomes Durga Madala and Gloria Wu as our new co-presidents. Our first program this year is on **Wealth Management for Women Physicians**, January 18, at Alexander's Steakhouse in Cupertino.

My plan is to have the newsletter come out quarterly near the time of our meetings.

Please email me if you have any ideas for the newsletter. I want to feature interesting activities of our membership, either medical or non-medical, practice management concerns or tips, issues of particular interest to women physicians, and medical pearls you would like to share.

We are limited by national AMWA guidelines in our political involvement as a group or taking a stand on a political issue, but informative articles about your involvement in politics or how you have influenced legislators would be very welcome.

Sinus Irrigation

Sheri Bortz, MD

As an urgent care physician I treat many patients with recurrent sinusitis and chronic non-infectious sinus congestion. The technique of sinus irrigation with a neti pot or plastic bottle as borrowed from Chinese and Ayurvedic medicine is a very useful self-help tool we can offer our patients. It's cheap, easy, and very effective.

Daily irrigation of the nasal pharynx can minimize sinus congestion and decrease the incidence of sinus infections by rinsing mucous, bacteria, viruses, allergy causing antigens, and pollutants from the nasopharynx. The basic principle is to run saline solution in one nostril and out the other. This can be done with a plastic bottle designed for the purpose, a nasal bulb or other syringe, or the neti pot. Irrigation can be started at the onset of allergies or URI, or done routinely on a daily basis in those with chronic congestion and post nasal drip.

Pre-mixed irrigation packets are available at pharmacies or patients can mix their own with ½ teaspoon of non-iodized salt in one cup (8 ounces) warm water. If the salt solution irritates the lining of the nose ¼ teaspoon of non-iodized salt and ¼ teaspoon of baking soda can be used instead of NaCl alone. It's important that all the salt is dissolved before the solution is used, as non-dissolved salt particles definitely will irritate the nose.

Occasionally saline solution will enter the sinuses themselves causing temporary sinus pain or tooth pain. This is not serious and will pass in a few seconds as the fluid dissipates and is absorbed. Pause for a minute or two and then the patient can continue irrigation without further problems.

You can find videos of sinus irrigation on the internet at Neilmed.com, the company that makes irrigation bottles, plastic neti pots, and sells the pre-made salt packets. Neilmed will send you free sample bottles and neti pots to dispense to your patients.

Current Board

Durga Madala, MD(Co-President) dmadala@hotmail.com

Gloria Wu, MD (Co-President) gloria_wumd@sbcglobal.net

Sheri Bortz, MD(Newletter) askdoctorbortz@aol.com

AMWA Meeting Tuesday, January 18, 2011

Topic: Wealth Management for Women Physicians

Speakers: Dorothy Bickling, Ed.D., CFP

Spencer Betts, CFP, AIF

Andrew Betts, CFP, MBA

Time: 6:30 Appetizers and networking

7:00 AMWA business and practice promotion

8:30 Speaker presentation

Place: Alexanders's Steakhouse

10330 N. Wolfe Road (Valco Shopping Center)

Cupertino, CA 95014

408-446-4774

Parking: Valco Parking Lot