

SNORE NO MORE

With research by Cleveland Nasal-Sinus & Sleep Center, the Pillar[™] Implant received FDA approval for mild to moderate sleep apnea. Effective in 70% of patients, Pillar[™] Implant may eliminate the need for CPAP. Read on to learn about snoring and its cure!

WHO SNORES?

About 45% of normal adults snore occasionally and 25% snore all the time. Now, with new technology, 90% of snorers can find relief. Help is here.

IS SNORING A HABIT?

Snoring is not simply a bad habit that can be given up, but is caused by a partial blockage of the airway in the back of the throat and nose.

Bed-partner complaints about snoring noise or the patient's daytime sleepiness from interrupted night time sleep are recognized as potential danger signals of a more serious problem.

WHAT CAUSES SNORING?

Snoring occurs when the air you breathe is blocked through the passages at the back of the mouth and nose. A person who snores has poor muscle tone, large tonsils or adenoids, an elongated palate, an obstructed nasal airway or is overweight.

SOCIAL OR HEALTH PROBLEM?

In addition to the social embarrassment and interruption of normal sleeping arrangements, snoring may be more serious.

Mild to moderate snoring has been associated with sleep interruption, excessive daytime sleepiness, and personality changes.

In its more extreme forms, snoring is associated with a condition known as sleep apnea.

Sleep apnea (where breathing periodically stops and blood oxygen levels drop) is an unsuccessful attempt to breathe through the nose and mouth.

WHAT ARE SLEEP APNEA SYMPTOMS?

Sleep apnea deprives you of the oxygen needed for "deep" sleep. You may then be sleepy much of the day, and may even fall asleep while driving, or on the job. Research has also associated sleep apnea with high blood pressure, heart attack and stroke.

WHAT IS TREATMENT FOR SNORING?

Now, in Dr. Levine's office, there is a non-surgical and minimally invasive treatment to manage snoring. This new treatment is called the Pillar[™] Palatal Implant System and after a single, brief office procedure, gives lasting reduction to snoring. Unlike older treatments, the Pillar[™] procedure does not require heating or removing tissue, or use of any sclerosing agents. This means the procedure causes minimal discomfort and faster recovery time. In fact, **most patients resume a normal diet and activities the same day.**

During the Pillar[™] procedure, using local anesthesia, three tiny inserts are placed in the soft palate resulting in a stiffer or more rigid palate. With a stiffer palate there is less vibration to cause the snoring noise.

This supporting and stiffening of the soft palate will last as long as the inserts are in place. Most patients begin to see a significant reduction in their snoring within two to four weeks.


HOW DO I KNOW IF I HAVE SLEEP APNEA?

If the problem is snoring alone, the solution may be as simple as managing the nasal allergy or infection, or tightening the soft palate using the Pillar[™] Palatal Implant System. A

physician must determine if sleep apnea is your problem. The solution to sleep apnea is either surgery on the nose, throat or neck or use of a nighttime positive pressure breathing device (CPAP).

WILL THE PILLAR[™] PALATAL IMPLANT HELP MY SLEEP APNEA?

With research by Cleveland Nasal-Sinus & Sleep Center, the Pillar[™] Implant received FDA approval for mild to moderate sleep apnea. Effective in 70% of patients, Pillar[™] Implant may eliminate the need for CPAP.

However, there are many causes of sleep apnea. Not only may the roof of the mouth be the problem, but also the tonsils or an enlarged back of the tongue. At this time, the best treatments for sleep apnea involve use of CPAP or traditional mouth and throat surgery. 



Howard L. Levine, M.D.
Director
Cleveland Nasal-Sinus
& Sleep Center

You deserve a breath of fresh air®

Dated Material DO NOT DELAY

STUFFY NOSE GOES!

Stuffy nose is an irritating problem. Now help is waiting for you at the Cleveland Nasal-Sinus & Sleep Center!

WHO HAS A STUFFY NOSE?

Runny nose? Stuffy nose? Sneezing fits? Restless sleep because your nose is blocked? Now nearly 90% of people can find relief.

ALLERGY OR NOT?

Allergies are not the only cause of a stuffy, runny nose and sneezing. While most people are familiar with allergy causes of breathing problems, there are other causes including sudden changes in temperature and humidity, sudden exposure to bright light, and strong odors such as cigarette smoke and perfume. Even eating can cause a runny nose!

IS A STUFFY NOSE SERIOUS?

Stuffy nose can affect your quality of life. A chronic stuffy nose can make eating, drinking, talking, and sleeping uncomfortable, and may cause a sore throat, repeated sinus infections, sleeplessness, fatigue and headaches.

WHAT CAUSES MY RUNNY OR STUFFY NOSE?

The cause of your runny or stuffy nose is your turbinates, a normal structure in the nose that is specially designed to produce the mucous that protects your body from airborne particles.

However, sometimes the turbinates become overly stimulated or over-active and thus over-produce mucous. Then, you have a runny or stuffy nose.

WHAT CAN I DO ABOUT MY STUFFY NOSE?

Decongestant nasal sprays and pills often provide temporary relief, but for most people, long term use of nasal sprays may worsen the problem as well as increasing the chance of high blood pressure, increased heart rate, and - for some people - decongestants may cause sleeplessness.

A new treatment with over 90% success is called Coblation® and is now available to control your over-active

Frequently Asked Questions

Q: How can nasal and sinus polyps be managed?

A: Nasal and sinus polyps can be managed medically or surgically. Medical management requires use of nasal steroid sprays, often indefinitely and steroid pills intermittently. If allergies are present, they may also need to be managed. When surgery is performed, the procedure is delicate using small nasal endoscopes, preserving normal structures and function whenever possible. There is no packing, facial swelling or bruising.

Q: Why do I keep getting sinus infections?

A: Nasal polyps or a naturally occurring nasal obstruction may result in repeated sinus infections. Polyps or an obstruction can block the outflow of the normally produced sinus mucus, causing it to stagnate and become infected. ❄️

continued from previous column

nasal turbinates. A short procedure-right in the office-Coblation® has been used successfully in managing problem snoring.

Now, with recent FDA approval, Coblation® is available to relieve your stuffy nose. With a nearly painless recovery, you will quickly return to your important daily activities feeling more energetic with easier breathing.

At Cleveland Nasal-Sinus & Sleep center, we believe **you deserve a breath of fresh air®** ❄️



RELIEF IS HERE!

If you suffer from a stuffy nose, call **Cleveland Nasal-Sinus & Sleep Center** at **216-518-3298** or **800-24-SINUS**. ❄️

STUFFY NOSE GOES!