

Did you know?

The latest from the field of otolaryngology

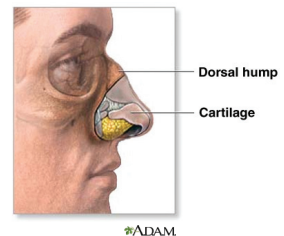
Pediatric Sleep Apnea

With the increase in childhood obesity, sleep apnea and sleep-disordered breathing has become a hot topic in the literature. Adenotonsillar hypertrophy in the pediatric population is the most common etiology or significant contributor. Patients can present with observed pauses, but frequently symptoms are more subtle and include difficulty waking in the morning, daytime fatigue, enuresis, restless sleeping, frequent awakening, behavior issues, or poor school performance. Ongoing studies performed by me in collaboration with pediatric sleep specialists show cure rates after adenotonsillectomy as high as 90%, and marked improvement in most of the remaining patients. Sleep parameters beyond apnea have also been shown to become more favorable following removal of adenoid and tonsils, which likely has resulted in the notable differences observed in daytime behavior.



Chronic Nasal Obstruction

A frustrating problem for patients and providers alike, chronic nasal obstruction can have many etiologies and thereby many treatments. Frequently, the problem is mucosal and can be treated successfully with environmental changes or topical, oral, or immunotherapy treatment. However, sometimes the obstruction is due to an underlying structural problem and surgery (e.g. septoplasty, functional septorhinoplasty, endoscopic sinus surgery, etc.) is required. Frequently, this is also the time I hear "By the way, Doc..." followed by requests to address aesthetic concerns. I am thankful for our patients' courage as the best time to address both the functional and cosmetic issues is frequently at the same setting.



Dr. Chandler Marietta practices in all realms of ENT and has special interests in ear surgery including cochlear implantation, cosmetic and reconstructive nasal surgery, pediatric otolaryngology, and facial plastics.

Call us at (612) 339-2836 or toll-free at (866) 316-0769 to schedule an appointment with a specialist at one of our convenient locations.

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