



## Your solution to a silent night

### The Pillar® Palatal Implant Procedure

Has snoring been affecting you or a loved one's peaceful nights' sleep? You are not alone. It is estimated that 45 percent of adults snore at least occasionally, and 25 percent are habitual snorers.\*



Now, the Pillar Palatal Implant, a breakthrough treatment, can help.

The obtrusive sounds of snoring occur when the airflow through the passages at the back of the mouth and throat relax and collapse, causing the soft palate tissue to vibrate. Stiffening the palate reduces the vibration, leading to a reduction in snoring, which is the goal of the Pillar Procedure.

During the Pillar Procedure, three tiny woven implants are placed in the soft palate to help reduce the vibration that causes snoring and the ability of the soft palate to obstruct the airway. Once in place, the implants add structural support to the soft palate. Over time, the structure helps to increase the body's own soft palate tissue.

Unlike other procedures, the Palatal Restoration procedure does not involve heating or removing tissue, which minimizes swelling and post-procedure discomfort and speeds recovery

time. Often, patients resume a normal diet and activities the same day.

The procedure is performed at the ENTA Allergy, Head & Neck Institute in a single brief visit. Most patients begin to see a significant reduction in

their snoring within two to four weeks and have the potential of experiencing a lasting effect.

Success with the Pillar Procedure can be influenced by tongue position, tonsil size, body mass and other factors. Your physician can give you more information and determine whether the Pillar Procedure is right for you.

Otolaryngologists Steven Sobol, M.D., and Terence Woods, M.D. at the ENTA Allergy, Head and Neck Institute, are the only specialists in Macon County who perform the Pillar® Implant Procedure. The procedure is FDA approved, clinically proven, and has a high patient satisfaction rate. To determine whether the Pillar Procedure is

right for you, contact the ENTA Allergy, Head & Neck Institute at 876-3682.

## Our Mission

- ◆ To provide the best care for our patients in a compassionate and caring environment.
- ◆ To work to advance the art, science and ethical practice of Otolaryngology, Head & Neck Surgery.
- ◆ To provide the most contemporary medical and surgical approaches to treating disorders of the ears, nose, throat and related structures of the head and neck.
- ◆ To integrate our efforts with those of primary care physicians and other specialists to optimize patient outcomes.

## Skin Cancer – the most common form of cancer

Occasionally we may notice something different about the appearance of our skin. Maybe a mole has changed, or a bump has appeared that just won't go away. The specialists at ENTA can help determine if there is a problem, the best course of action for treatment and how to prevent further risk.

With over 1 million Americans diagnosed each year, skin cancer is the most common form of cancer today. ENTA physicians will assist patients in recognizing and treating all types of skin cancers including:

- **ACTINIC KERATOSIS** – a precancerous skin condition is considered the earliest stage in the development of skin cancer.
- **BASAL CELL CARCINOMA** - usually appears as a small, fleshy bump or nodule
- **SQUAMOUS CELL CARCINOMA** generally appears as a crusted or scaly area of the skin, with a red, inflamed base.

- **MALIGNANT MELANOMA** - warning signs include: changes in the surface of a mole; scaliness, oozing, bleeding, or the appearance of a new bump; spread of pigment from the border into surrounding skin, darkening of pigmented skin lesions i.e. turning black or dark blue-black

Anyone exposed to large amounts of sunlight are at higher risk for skin cancer. Other risk factors include personal or family history of pigmented skin blemishes or melanoma, fair complexion, red hair, freckling, and severe childhood sunburn.

If a skin biopsy reveals that an area of the skin is cancerous, the specialists at ENTA will discuss possible courses of action with the patient. An array of surgical procedures to treat the cancer are available, depending on the needs of the individual patient.

### Preventative measures should include:

- Avoiding excessive exposure to sunlight during peak sunlight hours (10 a.m. - 4 p.m.)
- Wearing clothing that covers arms and legs, and wearing a wide-brimmed hat.
- Using a sunscreen with a sun protection factor (SPF) of 15 or higher daily. Apply at least 20 minutes prior to sun exposure for maximum sun protection.
- Select a broad-spectrum sunscreen that provides both UVA and UVB protection, and reapply sunscreen every 1.5 hours when outdoors, even on cloudy days.
- Early detection remains the best treatment.
- Contact ENTA at the first sign of a worrisome growth or a change in an existing mole. Our specialists can present the most effective treatment options.

## “Ear Tubes” may be a solution to chronic ear infections in children

According to the Mayo Clinic, three out of four children have at least one ear infection by age 3. Ear infections occur when fluid becomes trapped in the inner ear due to a blockage in the eustachian tubes, usually as a result of a cold. The inner ear may begin to fill with fluid, pressing on the ear-drum causing discomfort. Ear infections may be influenced by environmental factors such as dust, pollen, and second-hand smoke. Ear infections tend to be prominent in children with group interaction such as daycare.

Most ear infections clear up on their own, but in some cases symptoms persist. Any symptoms lasting longer than a day should be reported to your doctor. If infections do not clear up with medication, your doctor may advise the insertion of tympanostomy tubes, myringotomy tubes, ventilation tubes, or pressure equalization tubes by an otolaryngologist (ear, nose, and throat surgeon).

An “ear tube” is a small, plastic or metal, drain inserted into the ear drum to draw off the excess fluid and allow air to enter the middle ear. Surgery to obtain tubes is relatively easy and visibly incision/scar free. General anesthetic will be administered, and surgery lasts an average of 10-15 minutes. Most patients are released, after recovery, in a few hours on the same day. The surgery is essentially pain-free, but fatigue may occur due to the anesthesia.

The overall procedure may:

- Restore hearing loss caused by excess fluid
- Reduce the risk of future ear infection
- Improve speech and balance problems
- Improve behavior and sleep problems caused by consistent ear infections



You and your child will need to take extra care while the tubes remain in the ear. Proper precaution and prevention techniques will be provided by your doctor. Your child should still be able to engage in summer swimming/pool activities, but earplugs may be advised. Your doctor may also prescribe ear drops to be administered regularly. Tubes remain in the ear six months to a year, and usually fall out on their own.

To learn more and find out if your child would benefit from this procedure, contact ENTA today at 217-876-ENTA.

### Our Physicians



**Steven Sobol, MD, FACS**  
Medical Director



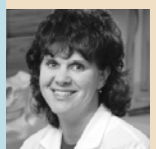
**Stephen Chadwick, MD, FACS**  
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**Candace N. Benner, APRN, NP**  
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