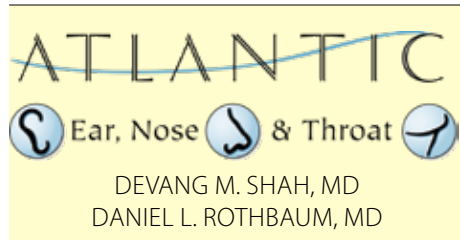


Winner By A Nose

Minimally invasive outpatient procedure opens blocked sinuses

As a farm boy growing up in Massachusetts, Henry Molinari loved horses so much that he would skip school and steal away to a nearby race-track, where he received an education in how to care for and train thoroughbreds.



"I started out mucking stalls," Henry reveals with a chuckle. "But I loved every minute of it and worked my way up to where I trained thoroughbreds for many years until I changed over and started training standardbred horses."

"Standardbreds are the kind that race with the rider in a sulky behind them. I not only trained those kinds of horses; I also drove them. But I wound up having a few wrecks that ended the driving part for me, so after that I just trained them."

Henry, 80, brought his training talents to Florida several years ago, and his passion for thoroughbreds and standardbreds remains so great that he sometimes has to fight off the urge to become part owner of one.

About five years ago, Henry found himself fighting an impulse to stay in bed and sleep all day.

"It was very strange because all of a sudden I started feeling very sluggish and tired," Henry explains. "And that's odd for me, because I've been a very active person all my life. Even now, I still go out bike riding every day, sometimes twice a day."

"The good news is that it really didn't affect my breathing all that much, but I was fighting this urge to just lay in bed all day. At the same time, I was starting to get a lot of sinus headaches, and they were lasting a long time. It really wiped me out."

Henry struggled with sinus issues for several weeks. When he finally sought medical attention, his doctor started with an allergy test. That test came back negative, meaning Henry's problem was not caused by allergies.

Henry's doctor then suggested he visit a specialist. Based on the recommendation of a close friend, Henry visited Devang M. Shah, MD, of Atlantic Ear, Nose & Throat.

"When Henry first came to us, his biggest complaint was that he was suffering from a lot of nasal congestion and sinus pressure," Dr. Shah reports. "Based on those complaints, I ordered a CT scan of his sinuses."

The CT scan showed that Henry was suffering from a major blockage in his sinuses. To treat such blockages, physicians have two choices. One is traditional sinus surgery. The other is a minimally invasive procedure called a *balloon sinus dilation*.



Henry Molinari

"With the traditional approach, we take the patient to the operating room, put them to sleep under general anesthesia and treat them with a device that's sort of like a Roto-Rooter that removes tissue and opens up the sinuses," Dr. Shah explains. "It's a very aggressive approach and, as you might expect, there's a long recovery period that usually includes taking a few days off from normal activities because a significant amount of pain medication is often required afterward."

"There are times when it's absolutely necessary to do that surgery. But some sinus problems are amenable to simply opening the sinuses. That's what the balloon sinus dilation does, and that's why I recommended it for Henry." The balloon sinus dilation carries far less risk than traditional surgery, because it is performed using a local anesthetic that allows the patient to remain awake throughout the procedure.

"We start by giving the patient a Valium and some pain medication to relax them a bit," Dr. Shah educates. "Then we administer the local anesthetic. Once that has taken effect, we find the opening of the sinuses and gently insert the deflated balloon.

"There's a bone that surrounds the opening of the sinus, and once the balloon is in the right spot, we slowly inflate it with water. As the balloon is inflated, it gently shifts that bone over and enlarges the opening. Once that's

done, we remove the balloon. Shifting that bone is what keeps the sinus open, because you're actually changing the shape of the opening. It's not as though you're moving soft tissue that is going to flop back, so the procedure works very well."

"Another one of the great things about this procedure is that there's hardly any bleeding involved, and there's no bruising or packing of the nose afterward. Patients

usually go back to their normal activities the next day."

That's how it was for Henry. He says that after two days he felt "like a new man," and he has felt that way ever since the procedure was completed. His energy level is back to normal, and he's breathing easier than he has in years.

"The balloon treatment that Dr. Shah did has helped me tremendously," Henry raves. "I really could not be happier with the outcome. Dr. Shah is a like a magic man the way he took care of me. He did a heck of a job."

"And I want to add that I could not have been treated any better than I was by everybody at Atlantic Ear, Nose & Throat. It's a very classy outfit, the people are great and I highly recommend them to anyone."

FHCN article by Roy Cummings. Photo by Nerissa Johnson. mkb

Breathe Easier

The dedicated team of physicians and specialists at Atlantic Ear, Nose & Throat provide comprehensive, state-of-the-art care for a range of disorders and conditions, including a *nasal valve collapse* and *deviated septum*.

A nasal valve collapse comes as a result of the nostrils collapsing when taking a deep breath. When the nostrils collapse in such a manner, breathing is more difficult and the sinuses can become blocked.

With a deviated septum, breathing naturally through the nose is compromised by irregularities in the septum, the bone and cartilage that divide the nasal cavity.

As Dr. Shah explains, both conditions can be corrected through an effective outpatient procedure that calls for the insertion of a cartilage alternative known as the *LATERA Absorbable Nasal Implant*.

"The technology has evolved to the point where this procedure is more widely available and easier for patients

to tolerate than traditional surgery, where you have to harvest the cartilage and make a wider opening to get that cartilage in there," Dr. Shah reports.

During the implant procedure, which can be done in a doctor's office under *IV sedation* or in a surgery center in association with another procedure under *general anesthesia*, the *LATERA* implant is inserted into the nasal wall or cartilage through an insertion tube.

Similar to dissolvable sutures, the *LATERA* nasal implant is made of special materials that are naturally absorbed into the body over about 18 months. Its impact is immediate, and following completion of the absorption period, its effects continue to be felt for approximately six more months.

Because the implant is placed inside the nasal wall, it cannot be seen and does not alter the patient's appearance. Some patients sense the awareness of the implant during the healing stage but generally do not notice it after a few days or a couple of weeks.



Devang M. Shah, MD, is board-certified in otolaryngology. Dr. Shah attended MIT as an undergraduate. After receiving his medical degree with honors, he completed his surgical internship and residency at Johns Hopkins Hospital in Baltimore. Dr. Shah has served as chair of the department of surgery at Advent Health Fish Memorial in Orange City and is a clinical assistant professor at Florida State University College of Medicine. He co-authored several journal articles investigating the relationship between microscopic inner-ear structures and hearing function and has presented his work at research conferences.

Daniel L. Rothbaum, MD, is board-certified in otolaryngology. Dr. Rothbaum graduated magna cum laude from Harvard in Cambridge, MA, with a degree in social studies. He received his medical doctorate from Yale School of Medicine in New Haven, CT, and completed his internship and residency training at Johns Hopkins Hospital in Baltimore, where he also spent a year focusing on facial plastic surgery under the guidance of nationally recognized leaders in the field. Dr. Rothbaum specializes in advanced techniques in facial reconstruction after skin cancer removal (Mohs reconstruction).



For Audiological & ENT Expertise

The skilled physicians at Atlantic Ear, Nose & Throat welcome your call. Offices are in Lake Mary, DeLand and Orange City. For an initial consultation at any location, call:

(407) 774-9880
or
(386) 774-9880

Visit Atlantic Ear, Nose & Throat on the web at www.myENTdoctor.com