

G. Paul Doxey, MD

Trusted, experienced personal ENT care

St. George Medical Park
736 South 900 East • Suite 201
St. George, UT 84790

Tel: 435-628-3342

Fax: 435-628-3277 • www.DoxeyENT.com

G. PAUL DOXEY, MD

Board-Certified: American Board of Otolaryngology

Residency: Otolaryngology–Head & Neck Surgery, University of Utah Medical Center, Salt Lake City

MD: University of Utah College of Medicine, Salt Lake City

TRUSTED CARE FOR:

- Sinus/nasal problems
- Snoring & sleep apnea
- CT-guided sinus surgery
- Balloonplasty
- Deviated septum
- Nasal blockage/polyps
- Nasal fractures
- Nosebleeds
- Ear pain & infections
- Voice & swallowing disorders
- Care of the professional voice
- Perforated eardrum
- Head & neck surgery/cancer
- Thyroid & parathyroid surgery
- Allergies & testing
- Salivary gland infections & surgery
- Nose reshaping (rhinoplasty)
- Facial or nasal fracture repair
- Otoplasty (correction of overly prominent or poorly positioned ears)
- Neck masses
- Facial wound repair & reconstruction
- Surgical removal of facial moles & tumors

TRUSTED CONVENIENCE:

- Convenient location
- Friendly, courteous staff
- Most insurance accepted & filed
- Major credit cards welcome
- Convenient office hours
- Ample parking

Surgical Correction for Snoring and Sleep Apnea

Snoring can be a very disruptive nuisance that can have significant social consequences. It has caused many happy couples to sleep apart from one another and in some instances has contributed to serious unhappiness, which may lead to divorce. Someone has said, “Laugh and the world laughs with you, snore and you sleep alone.” Snoring can be a sign of an even more serious problem called “sleep apnea,” where patients stop breathing periodically during sleep. Sleep apnea is associated with multiple problems, some with very serious health consequences such as heart attack, stroke, inability to think clearly, poor job and school performance, automobile accidents, depression, sexual dysfunction, high blood pressure and even poor blood sugar regulation. In children, it has been associated with short stature and bedwetting. Sleep apnea can literally take years off a person’s life, not to mention contributing to a poor quality of life. Sleep apnea and snoring are most commonly seen in overweight people. Patients often have congenital anatomical abnormalities along the air pathway that compromise the airway and cause restriction or “collapse” of the tissues. Most patients have both conditions. With sleep apnea, it is very important to diagnose its presence and severity with a sleep test performed in a reputable sleep center.

Weight loss and the use of a machine with a nasal mask called “CPAP” (continuous positive airway pressure) are the typical treatments for sleep apnea. However, the mask and the machine have to be used as much as possible to be effective, preferably all night long. There is a significant percentage of patients who cannot use the device enough to make it effective – that’s when surgery becomes a desirable option.

Surgery can be very effective for plain snoring and can help selected patients with sleep apnea. The site of obstruction along the airway has to be diagnosed to see how well-suited a candidate may be for surgery. There are several typical sites of obstruction: the nose, palate or base of tongue. Patients may have only one problem site, or they may have a multi-site cause for snoring or apnea.

The following procedures are used to treat snoring and sleep apnea:

- Nasal surgery
- Nasal valve suspension
- Injection snoreplasty
- Radiofrequency treatments of the palate, nasal turbinates or tongue
- Pillar® Procedure (implants)
- UPPP and tonsillectomy
- Retropalatal advancement
- Tongue surgery
- Genioglossus advancement
- Repose suspension suture
- Hyoid suspension

Please call Dr. Doxey’s office to schedule a consultation, where he will discuss these procedures in detail.