

the Trumpeteer

An Ear-Responsible Publication of Central Carolina ENT, PA

Pillar Patient - 5 Years Later



Warren Strickland received his Pillar Implants from Dr William C. LeLiever in 2007. The procedure has had a profound impact on his life as he pointed out recently during a interview with Trumpeteer editor, Jonathan P. Miller.

Q: Mr. Strickland, what was your life like prior to receiving the Pillar implants?

A: I was diagnosed with sleep apnea in 1996, 1997, I guess and started using CPAP. And my doctor at that time recommended me for jaw surgery. It worked for several years but then I started having severe sleep apnea attacks again. I went back on a CPAP machine and it just didn't work well. I could just not tolerate it and it just didn't work well.

Q: When did you first learn about the Pillar Procedure?

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“The Pillar Procedure has changed my life and I'm so glad I had it done”



Dr Cynthia Chen
to join CCENT
July 1, 2012
(Story Page 2)

What Is the Pillar® Procedure?

The Pillar® Procedure is a simple, safe, and effective treatment designed to stiffen your soft palate to help you **stop snoring**. In many cases, it can also help people suffering from mild to moderate obstructive sleep apnea (OSA). It's a relatively painless procedure that can be performed in a doctor's office in about 20 minutes, using only local anesthetic.



During the Pillar Procedure, a specially trained ear, nose, and throat (ENT) doctor or other Pillar Procedure Specialist places 3 tiny woven implants (approximately 0.7 inches long and 0.08 inches wide) into the soft palate using a sterile delivery tool. Over time, the implants, together with the body's natural fibrotic response, add structural support to stiffen the soft palate and reduce the tissue vibration that can cause snoring. The effect usually starts between 8 and 10 weeks after the implantation.

The Pillar Procedure has either eliminated or significantly reduced snoring in over 80% of our patients. Patients typically reported an increase in daytime energy and reduction in tiredness. Many also report that they no longer have to use their CPAP machines.



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A: I was watching TV one day and I saw this report about a lady who was using the CPAP (continuous positive airway pressure) machine and had a terrible snoring problem. She had the Pillar Procedure for her snoring and she no longer had to use the CPAP machine. I asked my doctor about it and he referred me to Dr LeLiever. And I had the Pillar Procedure in 2007 and I've done great...I haven't used a CPAP machine since then and have done very well. And a recent sleep study showed no problem with sleep apnea

Q: Thinking back Mr Strickland, how has the Pillar Procedure affected your life?

A: It has made it so much better...so happy to leave the CPAP machine back in the back of my closet and not have to worry about using it. It was such a problem and it is so nice not to use it and be able to sleep and get good rest without that machine.

Q: What would you tell other people in your shoes?

A: I'd recommend that they check out the Pillar Procedure. It's a fairly easy procedure and it's helped me, it has made a change in my life, an improvement in my life and I'm so very glad I had it done....I'm resting better now and sleeping naturally which is wonderful and that is so great...so much better than using a CPAP.

Pillar Statistics

- Over 50,000 patients treated to date.
- 5000-10,000 patients per year.
- 30 peer-reviewed clinical studies
- Sustained long-term results
- Minimal pain, quick recovery

www.pillarprocedure.com



Dr Cynthia Chen to join CCENT in July

I am thrilled to be joining Central Carolina ENT and working with Drs. Leliever and Lin to serve the community. I received my MD degree from New York Medical College in 2007. I completed my residency in Otolaryngology-Head and Neck Surgery at Albert Einstein College of Medicine in New York City in 2012.

I am trained to provide comprehensive care of the general otolaryngology needs of adults and children. I have particular interest in the care of children, including surgery for hearing loss, ear infections, sleep apnea and recurrent throat infections, and congenital head and neck lesions, such as thyroglossal duct cysts, branchial cleft cysts.

I grew up in Los Angeles California and moved to New York after I graduated from University of California at Berkeley in 2001. I am married to a radiologist and we have a daughter.



Megan



Dr Doris Lin had another baby girl!

Born 4-12-12 at 9:49pm

7lbs, 11 oz, 19.5 inches long



SomnoGuard Oral Appliance Therapy for Mild to Moderate OSA & Snoring

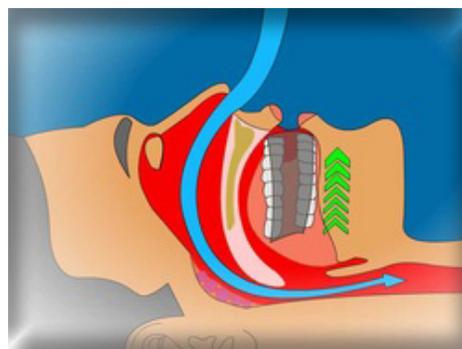
Snoring and Sleep Apnea are created by changes in the airway that typically develop over time that restrict the natural flow of air while you breath. This is often caused by the airway being reduced in size or obstructed all together by a narrowing of the airway at the base of the tongue. Oral Appliance Therapy has been recognized as a useful option that helps maintaining an open airway by restricting the reward collapse of the tongue during sleep by holding, or advancing the lower jaw, in a more forward position. This option has been recognized by the FDA and most insurers to be a safe and reliable option for many patients suffering from Mild to Moderate OSA (Obstructive sleep apnea).

To qualify for coverage of Oral Appliance Therapy you will need to have participated in a Sleep Study, either at home or in a facility based Lab. Please reference the Home Sleep Testing services we make available through participating physicians that can be arranged very conveniently and cost effectively at home (www.1stlinemedical.com). Oral Appliance Therapy can provide significant improvements in Snoring as well, though these services are not typically covered by insurers. Oral Appliance Therapy is also a useful adjunct to other therapies/treatments such as CPAP for patients with severe cases of OSA (obstructive sleep apnea)

Custom-fitted, prefabricated device is covered by most Insurers

The SomnoGuard AP utilizes an advanced thermodynamic material to enable a custom fitting to your specific Bite in a single, quick and easy visit to your physician's office providing these services. An assessment of your anatomy and particular symptoms and indications may warrant a Sleep Study if one has not been performed already. The SomnoGuard AP is a two-piece, adjustable, Prefabricated Appliance, design to enable the lower teeth and mandible to be advanced forward, relative to the upper teeth, bringing the tongue and associated musculature forward, thus opening and stabilizing the upper airway. It also enables you to breathe through the mouth as well move your Jaw side to side to optimize comfort.

SomnoGuard AP



www.1stlinemedical.com



Central Carolina ENT Announces Spring Offer

Introducing the Global II...
sanitizes while it dries!

Buy a pair of basic, advanced, or premium hearing aids and receive a Global II Dry & Store® box Free. That's a \$115 Value!

Offer runs April through June 2012

Call our Apex or Sanford office today!

You depend on your hearing instruments to hear well, so doesn't it make sense to take care of your hearing aids? You can maintain peak performance, reduce repairs, and enjoy better sound quality. It's easy, with Dry & Store®. It combines the three essential elements needed for effective drying: heat, moving air, and a desiccant that drives the relative humidity really low, then captures the moisture that is released.

If you have ever experienced fuzzy or distorted sound, weakness, static, intermittency, short battery life, or even all-out failure of your hearing aids, and you've confirmed that the batteries are good, there's a good chance that the culprit is either moisture or earwax. In fact, manufacturers report that as many as one-half of the aids they receive for repair are malfunctioning due to moisture or earwax. Thanks to Dry & Store, you can save yourself the time, expense, and aggravation of those preventable repairs.

The Dry & Store benefits all types of hearing instruments - traditional hearing aids as well as cochlear implant equipment, noise maskers, ear monitors, and more. Best results are achieved with in-home use every night. While you sleep, it removes moisture, dries earwax, and deodorizes your hearing instruments. The Global II model even kills germs, thanks to its UV-C germicidal lamp. For most users, results include: fewer repairs. better sound quality, relief from itchy ears, longer battery life, fresh and clean hearing aids.

This offer runs April through June 2012. If you've postponed a hearing aid decision, here is an opportunity to optimize better hearing and better hearing aid performance.



Ellen R. Wilson, AuD, CCC-A
 Doctor of Audiology
 24 Years Experience



J.P. Miller, M.S. CCC-A
 30 Years Experience