



## Latest Innovations

### Snoring

#### What causes snoring?

Snoring is caused by abnormal air passage through the aerodigestive tract combined with vibration of the soft tissues of the head and neck. The exact cause of snoring can be difficult to determine as there are several culprits assuming no significant pathologic process such as a cancer: deviation of the nasal septum, collapse of the nose when breathing in, enlarged adenoid tissue, collapse of the tongue to the back of the throat, obstruction of the airway from enlarged tonsils, collapse of the top of roof of the mouth, vibration of the uvula, collapse of the walls of the back of the throat, and floppy epiglottis (top of the voice box). Sometimes more than one area is the cause of the problem.

#### Is snoring bad?

Besides creating a poor bed fellow, snoring can be the sign of a more significant problem, called obstructive sleep apnea (OSA). People with OSA actually stop breathing for extended periods during the night. Long term, OSA can lead to significant health problems such as high blood pressure, enlarged heart, and in extreme cases, death.

#### What treatment is available for snoring?

The first step in treatment for straight forward snoring is determining what area is causing the problem. At times, a step wise approach with multiple treatments is necessary to completely fix the problem. Options for non-surgical repair include special mouth appliances to keep the tongue in position and the palate firm, tape over the nose to keep the nose wide, and CPAP machines which blow pressurized air into the nose to ensure that patients continue to breathe all night long. Surgical options for repair include nasal reshaping surgery, septoplasty, tonsillectomy, adenoidectomy, uvulopalatopharyngoplasty, laser assisted uvuloplasty, genioglossal advancement, tongue base reduction, and other surgeries aimed at addressing the cause of the snoring.

#### Where should I start if I want to treat snoring?

The first stop would be to visit with Dr. Verret for a complete head and neck exam. This will often include passing a small fiberoptic scope through the nose to look at the back of the throat. Additional testing may be necessary to determine if a patient suffers from OSA. Imaging, such as X-rays, CT scans, or MRI scans, is used if an abnormal anatomic abnormality is seen. Based on the results of the examination, Dr. Verret may be able to suggest surgical procedures which he can perform to help your problem or suggest referral to other physicians who can help.

#### Will insurance reimburse for these procedures?

Depending on the cause of your snoring and the severity of the problem, insurance may reimburse your cost. As always, only your insurance company can determine if the costs are reimbursable and you should check with them before undergoing any procedure if this is a concern.

For more information about snoring, septoplasty, septoplasty surgery, deviated septum, nasal reshaping, or rhinoplasty, visit Dr. Verret on the web at <http://innovationsfps.com> or call for an appointment 972.608.0100.

#### Hair Loss Questions?

In an effort to continue educating patients, Dr. Verret has launched a biweekly e-zine called BaldManMag.com. The publication includes current news articles about hair loss causes and treatment, information about surgical and non-surgical treatment options, as well as the opportunity for people to ask questions pertaining to hair loss. For more information, visit [BaldManMag.com](http://BaldManMag.com) and sign up for the e-zine today.

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#### Ask the Doctor

*Is there really a 'best' in cosmetic surgery?*

When dealing with facial rejuvenation, there is often not a best. Often more important than the technical prowess of a physician is his ability to identify what is causing a patient's concerns and having several different options for treating it. The 'best' option for one patient may not be the 'best' option for another patient. Unfortunately the fountain of youth still remains to be found and having reasonable expectations of the final outcome of any procedure is always crucial.

-D.J. Verret, MD  
Facial Plastic & Reconstructive Surgery

#### Events and Specials

**Blog—Get your questions answered**

Check out <http://dallascosmeticsurgeryblog.com> for more information about cosmetic surgery.

#### Patient Guide Series

Dr. Verret is pleased to announce the release of the first two books in the Patient Guide Series titled *Patient Guide to Cosmetic Facial Procedures* and *Patient Guide to Hair Loss & Hair Restoration*. The books are objective evaluations of current topics in both realms. For more information about the series and information about the book including how to purchase your copy, visit Dr. Verret's publishing company at [www.wjssonier.com](http://www.wjssonier.com).