

SIMPLE SHOT CURES SNORING!

By Lynn Allison

AN INEXPENSIVE, easy-to-give injection can stop snoring within only minutes and keep it away, say experts.

The procedure, called “snoreplasty,” takes about two minutes to perform in a doctor’s office and runs about \$300, cheap at twice the price to bedmates who can’t sleep through their partner’s buzz-sawww breathing.

“I’ve been doing this procedure for years and have even had it done on myself,” Dr. Bradford Ress tells The EXAMINER.

“The injection addresses a major cause of snoring and is successful in about 70 to 80 percent of patients,” says Ress, an otolaryngologist in Boca Raton, Fla.

About 25 percent of adult Americans are habitual snorers, according to the American Academy of Otolaryngology, while another 45 percent of adults snore occasionally. The shot is not recommended for people who snore because they have sleep apnea.

“Snoreplasty isn’t for everyone,” New York rhinologist Dr. Jordan Joseph, author of Sinus Relief Now (Perigree Trade), tells The EXAMINER. “But if you are a candidate, it takes only a matter of minutes to inject the solution.”

Army researchers from Walter Reed Medical Center in Washington, D.C., first introduced this procedure and doctors recently reported a 92 percent success rate in tests. Walter Reed’s success rate backs up the results of numerous other studies, though

some patients may need a booster shot over the years.



A simple procedure can give both partners a good night's sleep

“It’s a maintenance technique, although it will reduce the loud symptoms,” says Ress.

Snoring comes from vibrations of the soft palate, the roof of the mouth nearest the throat. So to perform a snoreplasty, a doctor first numbs the soft palate, then injects the palate with sodium tetradecyl, also known by the brand name Sotradecol.

The chemical hardens the soft tissue, preventing vibrations and

ending the snoring. Most patients walk out of the doctor’s office in minutes and can treat any temporary pain with over-the-counter medications.

Doctors hail snoreplasty as cheaper, safer and less painful than surgical treatments that use scalpels, lasers or radio waves.



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