



*Live Better and Feel Great:*

What Your  
**ENT DOCTOR**  
Can Do For Your Health

## **MEDICAL INFORMATION DISCLAIMER:**

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention. The authors and publisher specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

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# INTRODUCTION

The ears, nose, and throat all work together to help you enjoy all that life has to offer. Did you know that these areas are linked together? That's right. When you notice issues with one of these areas, it's likely that you also have issues with another.



For instance, if you suffer from seasonal allergies and experience sinus congestion, you may also have pain in your ears. An allergy-related earache can result from fluid buildup behind the eardrums and/or blocked eustachian tubes. Once sinus congestion is relieved, an earache often resolves on its own.

**AN OTOLARYNGOLOGIST**, or ENT specialist, can improve your health by diagnosing and treating problems in the ears, nose, and throat. If you consistently experience problems in these areas, an ENT doctor can give you relief and improve your quality of life.

# LEARN MORE ABOUT AN OTOLARYNGOLOGIST

An otolaryngologist, or Ear, Nose, and Throat (ENT) doctor, specializes in treating conditions in these three areas. Additionally, he/she may also treat conditions affecting the head and neck such as a tumor in the neck that affects throat functioning.



An otolaryngologist is a medical doctor (MD). To become specialized in ENT, this doctor must successfully complete 4 years of medical school and an additional 5 years of specialty training as a resident to become Board Certified in ENT. A fellowship may also be obtained in particular aspects of ENT like facial plastics, pediatric ENT or voice/swallowing disorders.

Only licensed physicians with this level of experience are eligible to be certified by the American Board of Otolaryngology.

**WHEN CHOOSING YOUR ENT DOCTOR**, *be sure that he or she is Board Certified.*

# CONDITIONS TREATED BY OTOLARYNGOLOGISTS

Otolaryngologists treat just about every condition affecting the ears, nose and throat.

This includes:

- Hearing impairment disorders
- Trauma
- Infections
- Sinus issues
- Dizziness
- Birth defects
- Allergies
- Asthma
- Deviated septum
- Nose bleeds
- Sore throats



*The only areas an otolaryngologist  
**DOES NOT** treat are the  
brain and eyes.*

They are highly qualified to perform surgical procedures if patients do not respond to minimally invasive treatments, such as antibiotics, medications, and therapies.

An ENT is fully trained to perform both cosmetic and reconstructive surgery. Many people are surprised by this fact as they believe plastic surgeons are the only type of specialists that perform facial surgery.

In fact, otolaryngologists are the best choice for procedures like these because they are experts on the problems associated with structures in the head and neck.

# EAR ISSUES

*Approximately, **48 MILLION PEOPLE** are affected by hearing loss in the United States. Most older individuals (age 55 and over) suffer from a hearing deficit.*

Newborn hearing loss is more common than many people realize; 5 out of every 1,000 babies are affected. Some children experience deficits as a result of repeated ear infections, while adults can lose their hearing from environmental factors, such as loud noises from shooting guns, using heavy equipment, or listening to headphones.

An ENT can treat hearing loss with medications, devices, therapies, and if needed, surgery. If other treatment options are unsuccessful, hearing aids are available.

**Mild ear problems that can be treated by an ENT include:**

- Tinnitus (ringing in the ears)
- Ear infections
- Nerve disorders
- Balance disorders

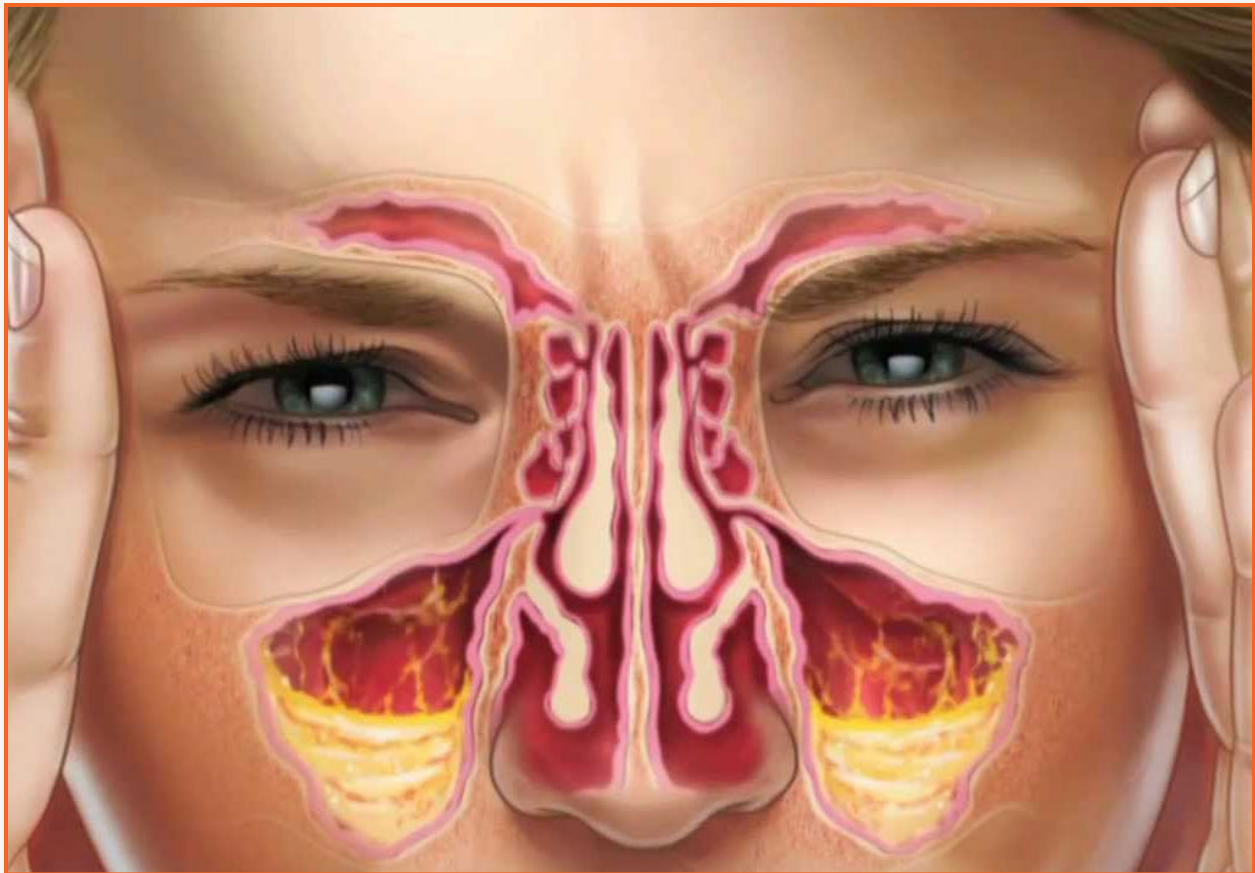


# NASAL PROBLEMS

## SINUS INFECTIONS

Sinus infection, or sinusitis, is a common reason people seek help from an ENT specialist. Approximately 26.9 million Americans have sinus problems, with seasonal allergies being the #1 cause of sinusitis and other nasal related issues.

Other conditions that warrant a visit to an ENT office are nasal polyps and smelling disorders. Nasal polyps are small tumors or growths in the nose. They can cause a blockage in the airways, making it difficult to breathe.





## SMELLING DISORDERS

Smelling disorders involve difficulty smelling aromas and odors. This can be dangerous if left untreated; our sense of smell can alert us to dangers such as gas leaks and fire.

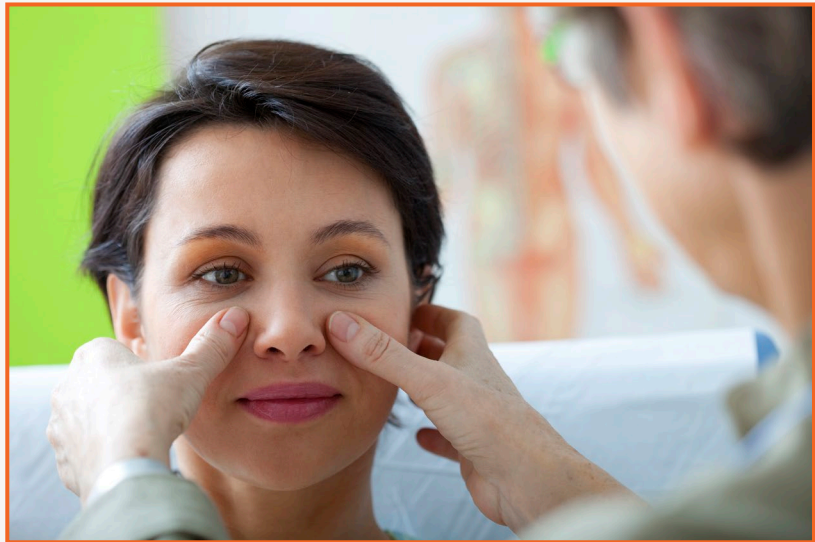
### There are four types of smelling disorders:

- **Hyposmia** - A reduced ability to smell.
- **Anosmia** – No ability to smell. People are often born with this disorder.
- **Parosmia** - This disorder changes a person’s perception of a smell. For instance, strawberries may smell like a skunk.
- **Phantosmia** - People with this disorder smell odors that aren’t there. For instance, the person may smell “phantom” oatmeal cookies baking.

Besides congenital causes of smelling disorders, most of these issues are a consequence of another condition.

### Other conditions that can cause a smelling disorder include:

- Alzheimer’s disease
- Parkinson’s disease
- Multiple sclerosis
- Diabetes
- Hypertension
- Malnutrition

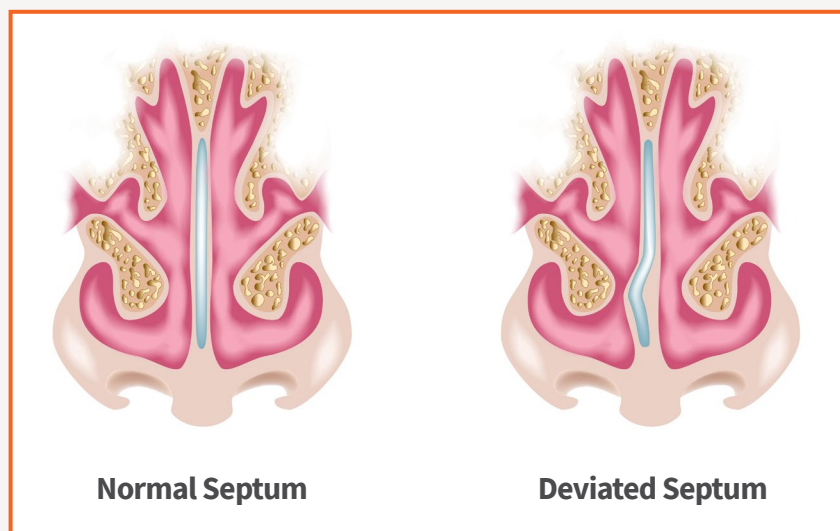


*The best way to know what is causing a smelling disorder is to  
**SEEK MEDICAL ATTENTION** from an ENT doctor.*

## DEVIATED SEPTUM

A deviated septum is another nasal problem. The nasal septum runs along the middle of the nose and separates the left and right nostril. This structure is made up of bone and cartilage and is about 2 mm thick. A normal septum is straight, allowing an equal amount of air to flow in and out of the nostrils. When the septum deviates to one side, breathing issues arise.

Septal deviation forms an obstruction that can make breathing difficult. This can lead to nasal congestion, snoring, dry nasal passages, nosebleeds, sleep apnea, and sinus infections. An ENT physician can surgically repair, reposition, and straighten the nasal septum to alleviate these issues.



People who engage in sports have a greater risk of suffering nose trauma and a deviated septum. Chronic snorers often do not know they have a deviated septum until they bring up the issue with their doctor.

Further, those with repeated sinus infections may not know that a deviated septum is at the root of their recurrent sinusitis. All of these situations, and more, can be relieved by an ENT specialist's expertise.

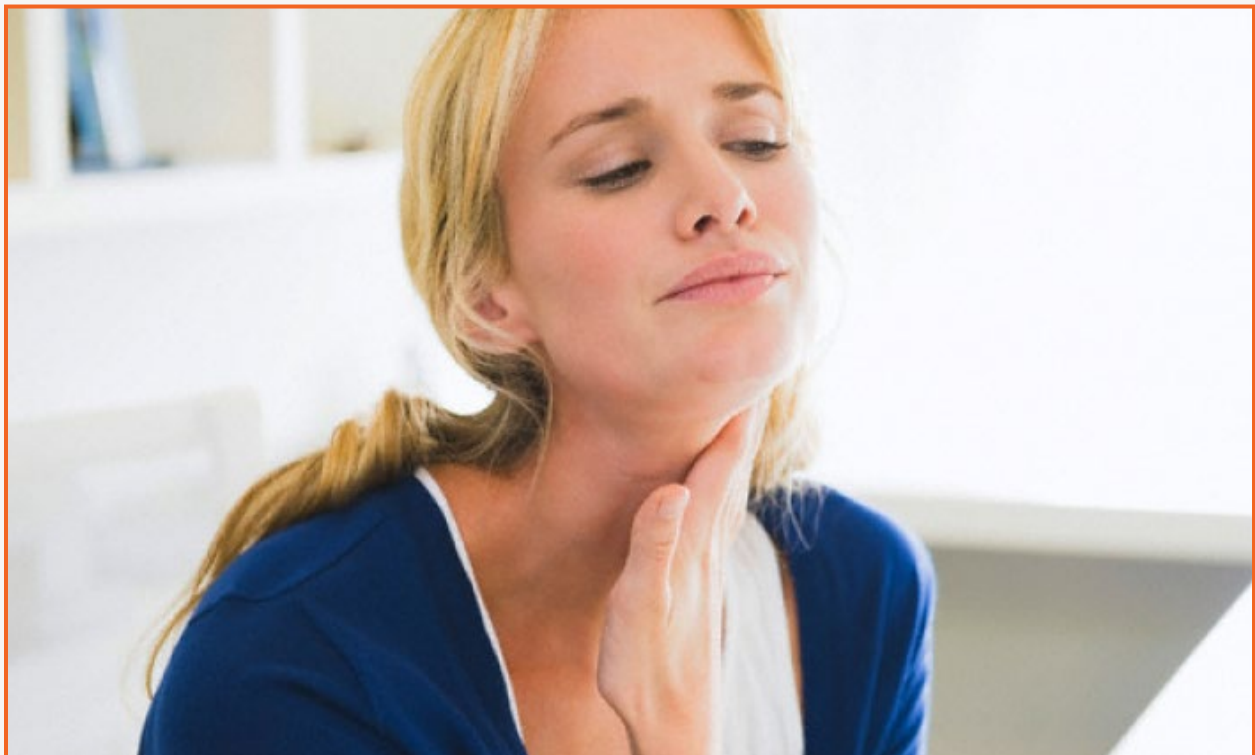
# THROAT PROBLEMS

The throat is more than simply a linear tube that transports food and liquids from your mouth to your stomach. This structure is complex because it also includes the larynx, which is the voice box, as well as the full length of the esophagus.

## Otolaryngologists treat throat conditions such as:

- Swallowing disorders
- Hoarseness
- Vocal cord polyps
- Tumors

An ENT doctor does not treat speech-related problems because speech-language pathologists specialize in that area. However, ENTs and speech-language pathologists often collaborate when they have patients with throat disorders AND speech issues.



# HEAD AND NECK ISSUES

**While an otolaryngologist treats the ears, nose and throat, they can also treat head and neck conditions such as:**

- Infections in the head or neck can be treated with antibiotics.
- Cancerous and non-cancerous tumors can be removed (i.e thyroid tumors, parotid tumors, facial tumors, neck masses).
- Skin cancer screenings; cancerous lesions can be removed.

Just as otolaryngologists can perform cosmetic and reconstruction surgeries on the ears, nose and throat, they can also do this on the head and neck if it affects facial appearance.



# TREATMENTS AVAILABLE

Many treatments exist to resolve conditions having to do with the ears, nose, and throat. The medical condition isn't the only factor in deciding the best solution to a problem.

## Many other factors are taken into consideration:

- Age
- General health
- Other medical problems
- Severity of the condition

For some conditions, two forms of treatment may be needed. For instance, hearing loss may have occurred due to built up earwax. Removing the ear wax with medications and irrigation may be sufficient in restoring hearing.



Children who have recurrent ear infections may need to have antibiotics to clear the infection, and then have tubes surgically placed in the eardrums to aid in fluid drainage.

For aging individuals, hearing loss may not need medication or surgery, but equipment instead, such as a hearing aid.

**ENT DOCTORS**, like other medical professionals, attempt the least invasive treatment option first in order to maximize the patient's quality of life.

# SUBSPECIALTIES FOR ENT CARE

Otolaryngologists can also be general practitioners, or they can have a subspecialty. ENT doctors with a subspecialty must undergo additional training, and they may have certifications in their specialized areas.

The following are some of the subspecialties for otolaryngology.

## **PEDIATRIC**

These ENT specialists primarily treat children. They have extensive education and training in conditions that affect infants, children, and teens (ages 0–18).

## **OTOLOGY**

Otology, also known as neurotology or audiology, is a subspecialty that has to do with hearing and balance problems. This includes tinnitus, or ringing in the ears, and vertigo.



## **LARYNGOLOGY**

This subspecialty deals with the throat including conditions that affect the voice and swallowing.

## **RHINOLOGY**

This subspecialty deals with advanced nose and sinus conditions like polyps, severe allergies, sinus tumors, smell disorders and various breathing problems of the nose. Allergies are a common problem for many people with nose and sinus issues, which is why there an entire subspecialty is dedicated to this issue.

## FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY

This is plastic surgery for the face only. People who want to change the appearance of their face or who have deformed facial features can turn to an otolaryngologist specializing in these procedures. Surgical solutions may include rhinoplasty (nose job), facial reconstruction, or tumor removal.

## HEAD AND NECK SURGERY

With the complexities of the head and neck, this subspecialty trains otolaryngologists on the intricacies of these areas. These specialists remove tumors and other growths from the head and neck.

## SNORING AND SLEEP APNEA

Sufficient sleep is important to one's health. ENT physicians who subspecialize in snoring and sleep apnea can perform surgery to repair a deviated septum and other more advanced throat surgeries to resolve snoring and sleep apnea. They are often involved when patients want to avoid CPAP for their sleep apnea or have simple snoring.



*It is not imperative to choose an ENT doctor with a subspecialty for most general ENT problems, however for more complicated cases a*

**SUBSPECIALIST MAY BE HELPFUL.**

# HOW TO CHOOSE AN ENT SPECIALIST

*As with any medical professional, **IT'S IMPORTANT** to take great care in choosing an ENT specialist for your condition.*

**Deciding on whether to choose an ENT doctor with or without a subspecialty depends on many factors such as:**

- Training
- Experience
- Expertise
- Personal characteristics

## **WHY DO PERSONAL CHARACTERISTICS MAKE A DIFFERENCE?**

Because it's important to have a good doctor-patient relationship. This rapport can help you feel comfortable enough to get answers to questions you may have. Health-related appointments and procedures have better outcomes when performed by someone a patient trusts and feels comfortable with.

Researching an ENT specialist is as easy as looking up information online. You can usually learn about their training, experience, and expertise through bios and reviews. It's also a good idea to call ENT offices in your area to get information and to set up a consultation.



**Questions you may want to ask include:**

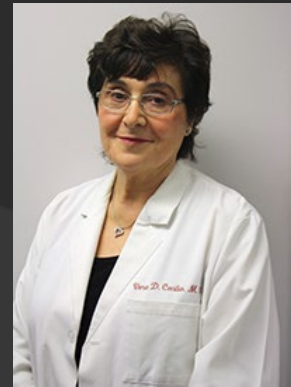
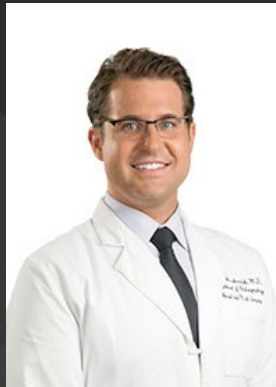
- How many years have you been treating people with my condition?
- What training have you had?
- Are you Board Certified?
- Do you have a subspecialty?
- What should I expect during my first appointment?
- If I need surgery, how long will I have to wait?

These questions can open the lines of communication with the doctor. After building rapport and getting answers to their questions, most people are able to confidently choose the right doctor to treat their ear, nose, or throat condition.



# ABOUT C/V ENT SURGICAL GROUP

At C/V ENT Surgical Group, we take pleasure in providing unparalleled care to all our patients. Our team of ENT specialists and surgeons are highly skilled, experienced, and qualified to carry out various treatments and procedures to help patients with these conditions. Each of our physicians specializes in various aspects, including ear, nose and throat disorders, making them one of LA's finest specialists. Using our cutting-edge technology and equipment, we treat our patients with the expertise and compassion they deserve. Contact us today for a consultation with one of our ENT specialists.



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