

## Relief from Sinusitis...with no down time.

*Return to work within 24 hours\**

\*Most patients do not require pain medication post-procedure.

### Sinus Surgery with Balloon Sinuplasty



A balloon is inserted into the inflamed sinus, and inflated to expand the sinus opening.



The system is removed, leaving the sinuses open.

**60%** of chronic sinusitis sufferers don't get relief with medication.

### You deserve a life without sinus issues.

Balloon Sinuplasty (BSP) uses a small, flexible, balloon to open up blocked sinus passageways and facilitate drainage of the mucus that builds up in patients suffering from chronic sinusitis symptoms.

### Chronic Sinusitis: The Facts

Sinuses are air-filled pockets behind the facial bones surrounding the nose. Each sinus has an opening through which mucus drains. This drainage keeps your sinuses working well and you healthy. Anything that obstructs that flow may cause a buildup of mucus in the sinuses, which may lead to infection and inflammation of the sinuses. Sinusitis occurs when the linings of your nose, sinuses and throat become inflamed. This inflammation can be from pre-existing colds or even allergies. Chronic sinusitis is when this inflammation lasts three months or more.

Could balloon sinuplasty be right for you?

Find out at [www.sinushelpgeorgia.com](http://www.sinushelpgeorgia.com) or call us toll-free at 1-855-564-3178





## How can Balloon Sinuplasty help me?

*If you suffer from Chronic Sinusitis and constantly suffer from sinus pressure and pain, this procedure will bring you relief. Balloon Sinuplasty drains your sinus passageways and relieves pressure.*

*After the procedure is complete, you will notice that sinus function is restored to normal. Drainage will occur naturally because all traces of infection have been removed during the Balloon Sinuplasty. You will be able to breathe clearly with no sinus obstruction.*

*Years of suffering and pain can be corrected so quickly that you can have the procedure done early in the morning and go back to normal work functions the same day.*

[www.sleepandsinuscenters.com](http://www.sleepandsinuscenters.com)

Sleep and Sinus Centers of Georgia  
[www.sleepandsinuscenters.com](http://www.sleepandsinuscenters.com)

phone: 678-689-1100 fax: 706-612-1620  
toll free: 1-855-263-1685

1000 Hawthorne Ave., Ste. O  
Athens, GA 30606

771 Old Norcross Rd., Ste. 135  
Lawrenceville, GA 30046

1255 Friendship Rd., Suite, 110  
Braselton, GA 30517

10880 Durant Road, Ste. 124\*  
Raleigh, NC 27614

2726 Lawrenceville Hwy  
Decatur, Georgia 30033

6160 Peachtree Dunwoody Rd., NE,  
Suite A-102  
Sandy Springs, Georgia 30328

\*Affiliated Sleep and Sinus Centers of North Carolina location.

### *Are you suffering from symptoms of Sinusitis?*

Don't put yourself through it one more day. A cutting-edge medical procedure called Balloon Sinuplasty will change your life! It's already brought relief to hundreds of patients in the Atlanta area. Our doctors are experienced, ready to help, and now it's your turn! The procedure itself is minor and very safe. In fact, it doesn't even require incisions. Recovery is fast, in some cases nearly non-existent.

### *Don't suffer from sinusitis any longer!*

Call Sleep and Sinus Centers of Georgia for more information on Balloon Sinuplasty today.

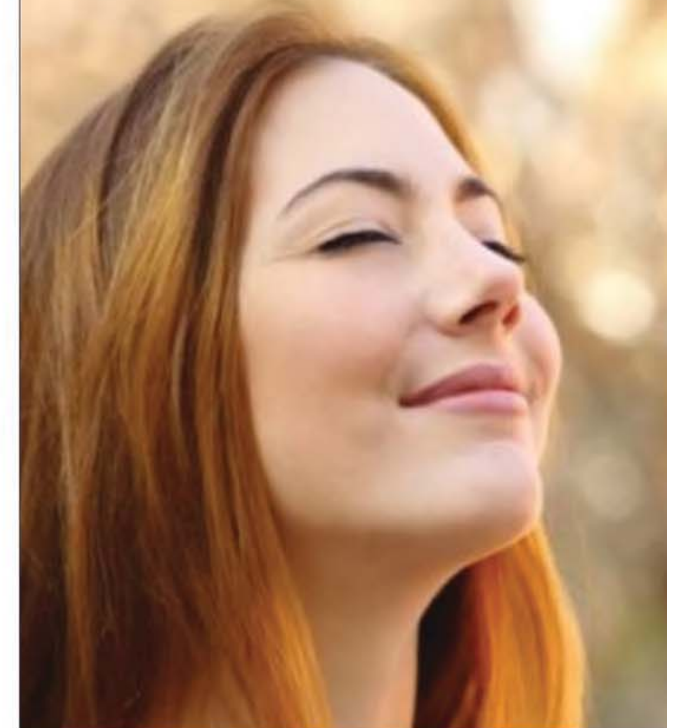
Call 678-689-1100 for an appointment today.  
TOLL FREE: 1-855-263-1685



# Balloon Sinuplasty

Get Relief from Sinusitis

*Balloon Sinuplasty is a minimally invasive in-office procedure which effectively mitigates or eliminates symptoms of Sinusitis.*



# Don't just *treat* the symptoms of Obstructive Sleep Apnea...

A major issue with treatment of OSA is non-compliance. Studies showed that some users either abandon the use of CPAP, or use the apparatus for only a fraction of the nights.



## Cycle of OSA:



Surgery for obstructive sleep apnea has traditionally been very invasive. Although these techniques are still sometimes needed, by and large their effectiveness has been only for carefully selected patients. The recovery from these procedures can be daunting, and this has given the surgery a bad name in the community. Recently newer, less invasive techniques of surgery have allowed us to make incremental improvements in the airway through 1-2mm incisions in the under surface of the tongue and inside the nose. The recovery from this procedure is minimal. Most patients can return to work the following day, often without need of pain medication.

**Cure OSA...with minimal discomfort.**

Radiofrequency Ablation (RFA)



Want to put away your CPAP machine? Call the Sleep and Sinus Centers of Georgia at 678-689-1100 for an appointment today!



*Outside of removing obstructive tonsils, surgery for obstructive sleep apnea generally is used only if continuous positive airway pressure, CPAP, fails.*

*Some patients are unable to tolerate a CPAP machine because they sense pressure, feel claustrophobic, or for other reasons. Even if they are compliant with the CPAP, some cases are not adequately controlled. These individuals may benefit from surgical therapy.*

*If a surgical solution to obstructive sleep apnea is desired, Radiofrequency Ablation offers a less obtrusive, less painful, and more convenient solution than traditional surgery or high-temperature electrocautery device procedures.*

[www.sleepandsinuscenters.com](http://www.sleepandsinuscenters.com)

Sleep and Sinus Centers of Georgia  
[www.sleepandsinuscenters.com](http://www.sleepandsinuscenters.com)

phone: 678-689-1100 fax: 678-722-8206

toll free: 1-855-564-3178

1000 Hawthorne Ave, Suite O  
Athens, GA 30606

1255 Friendship Rd, Suite 110  
Braselton, GA 30517

2726 Lawrenceville Hwy  
Decatur, Georgia 30033

771 Old Norcross Rd, Suite 135  
Lawrenceville, GA 30046

10880 Durant Road, Suite 124\*  
Raleigh, NC 27614

6160 Peachtree Dunwoody Rd, NE  
Suite A-102  
Sandy Springs, Georgia 30328

\*Affiliated Sleep and Sinus Centers of North Carolina location

Obstructive Sleep Apnea (OSA) is a significant disease that affects a large percentage of adults and children. More than just snoring, Obstructive Sleep Apnea is a serious condition which can stop or reduce breathing at night, increasing the risk of heart attack, stroke, even sudden death.

Most commonly, people with obstructive sleep apnea experience excessive fatigue or sleepiness. OSA can also produce a host of physical symptoms such as the worsening of cholesterol problems, hypertension, diabetes, diminished concentration and focus, and erectile dysfunction, to name a few.

The Sleep and Sinus Centers of Georgia offer six convenient office locations: Athens, Lawrenceville, Peachtree City, Stockbridge, Decatur, and Sandy Springs.

Our physicians are focused on providing relief from sinus, allergy, and sleep disorders that negatively impact the lives of our patients prior to treatment. We invite you to contact our practice. Breathe easier. Experience the relief.

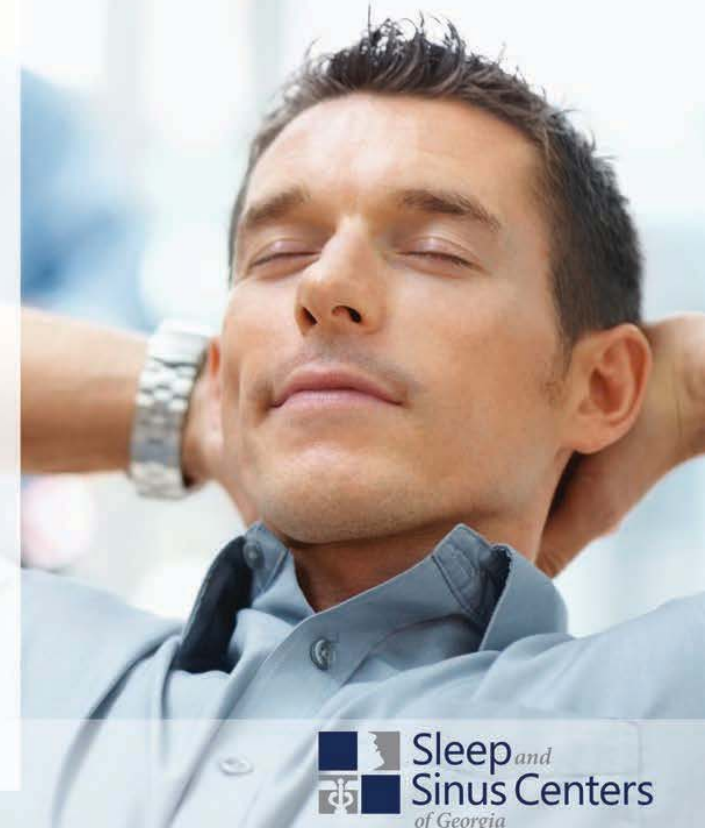
Call 678-689-1100 for an appointment today.



# Freedom from CPAP

## Radiofrequency Ablation (RFA)

***Re-discover restorative sleep  
without the noise, discomfort,  
or burden of CPAP.***





Please contact our  
office @ 678-689-1100  
to schedule an  
appointment.

## ***What is V.O.A.T.?***

V.O.A.T. is a tongue base ablation involving the use of a radio frequency probe that is inserted into the tongue at very specific sites. This ablates the tissue around the placement of the probe which causes shrinkage. The tongue is the primary element that occludes the air flow when a patient is lying on their back; therefore, airflow is increased when the size of the tongue base is reduced.

This technology has been used widely and safely in multiple applications from prostate to cardiac ablation. It has been used with great success in nasal applications, and is approved by the FDA for use on the tongue base. V.O.A.T. is an improved technique developed to reduce the tongue base of patients suffering from Obstructive Sleep Apnea.

The V.O.A.T. modifications to the tongue ablation procedure improve patient safety, satisfaction, and effectiveness. There are fewer needle insertion points and these insertion sites are in a less sensitive area of the tongue.

Please contact our office @ 678-689-1100 to schedule an appointment.





## Cycle of OSA:



## Frequently Asked Questions:

### **How experienced with this procedure are the physicians of Sleep and Sinus Centers?**

The surgeons at SSC are among the most experienced in the nation with this procedure. In fact, there are patents pending on innovations developed by these experts in the field.

### **What is the success rate?**

80% of patients improve. Average postoperative results may not require CPAP therapy. Typical therapeutic benefit is about 75% improvement in measures of sleep apnea.

### **Is this a long-term fix?**

Long-term results seem to be stable.

### **Will it ever have to be repeated?**

The treatment is typically a series of 3-6 minor procedures that may need to be repeated as needed. But, because the recovery is so quick, and with so little pain and few side effects, multiple procedures do not pose a problem.

### **Does my insurance cover this procedure?**

Medicare and many other third party payers do cover this procedure. However, to be certain, we must check your insurance policy.

### **What are the potential complications?**

Potential complications include bleeding and altered sensation to the tongue, but the complication rate is less than 1-5%. The serious complication rate is less than 1%

### **Will the procedure affect my ability to taste?**

It rarely significantly affects taste.

### **What can I eat after the procedure?**

Everything you normally do.

### **Is it painful?**

Most patients do not take pain medication longer than 24 hours.





1000 Hawthorne Ave., Suite O  
Athens, GA 30606

771 Old Norcross Rd., Suite 135  
Lawrenceville, GA 30046

A missed appointment is a loss to everyone.

If you are unable to keep your appointment,  
please inform us one day in advance.



phone: 678-689-1100  
sleepandsinuscenters.com

is scheduled to see  David Dillard, MD  Judy Sherman, APRN, NP-C

Monday  Tuesday  Wednesday  Thursday  Friday  Saturday

Date: \_\_\_\_\_ Time: \_\_\_\_\_ at the SSCG Office located in

Athens  Lawrenceville

*Athens*  
1000 Hawthorne Ave., Ste. O  
Athens, GA 30606

*Lawrenceville*  
771 Old Norcross Rd., Ste. 135  
Lawrenceville, GA 30046

*Peachtree City*  
101 McWilliams Drive  
Peachtree City, GA 30269

*Stockbridge*  
1106 Hospital Drive  
Stockbridge, GA 30281

*Raleigh*  
10880 Durant Road, Ste. 124  
Raleigh, NC 27614

*Warner Robins*  
1719 Russell Pkwy, Bldg. 300  
Warner Robins, GA 31088



Athens, GA ■ Lawrenceville, GA ■ Peachtree City, GA ■ Raleigh, NC ■ Stockbridge, GA ■ Warner Robins, GA

P.O. Box 1728, Marietta, GA 30067 | [www.sleepandsinuscenters.com](http://www.sleepandsinuscenters.com)





promotional items

Don't just *treat*  
the symptoms  
of Obstructive  
Sleep Apnea...

A major issue with  
treatment of OSA  
is non-compliance.  
Studies have shown  
that some users either  
abandon the use of  
CPAP, or use the  
apparatus for only a  
fraction of the nights.

#### Cycle of OSA



Cure OSA...with minimal discomfort.

VOAT tongue base ablation

Outside of removing obstructive tonsils, surgery for obstructive sleep apnea generally is used only if continuous positive airway pressure (CPAP) fails.

**Some patients are unable to tolerate a CPAP machine because they sense pressure, feel claustrophobic, or for other reasons. Even if they are compliant with the CPAP, some cases are not adequately controlled. These individuals may benefit from surgical therapy.**

If a surgical solution to obstructive sleep apnea is desired, the VOAT procedure offers a less obtrusive, less painful, and more convenient solution than traditional surgery or high-temperature electrocautery device procedures.

Surgery for obstructive sleep apnea has traditionally been very invasive. Although these techniques are still sometimes needed, by and large their effectiveness has been only for carefully selected patients. The recovery from these procedures can be daunting, and this has given the surgery a bad name in the community. Recently, newer, less invasive techniques of surgery have allowed us to make incremental improvements in the airway through 1-2mm incisions in the under surface of the tongue and inside the nose. The recovery from this procedure is minimal. Most patients can return to work the following day, often without need of pain medication.

Obstructive Sleep Apnea (OSA) is a significant disease that affects a large percentage of adults and children. Obstructive Sleep Apnea is not just snoring, but is a serious condition which stops or reduces breathing at night, and can increase the risk of heart attack, stroke, and even sudden death.

Most commonly, people with obstructive sleep apnea experience excessive tiredness or sleepiness. OSA can also produce a host of physical symptoms such as the worsening of cholesterol problems, hypertension, diabetes, diminished concentration and focus, and erectile dysfunction to name a few.

Sleep and Sinus Centers of North Carolina are located in [CITY LIST], providing comprehensive care for sinus, allergy, and sleep disorders.

Please call [TELEPHONE] for an appointment today.



Sleep and  
Sinus Centers  
of North Carolina