

Continued from the front page

Balloon Sinuplasty is most effective for the frontal sinuses, located in the forehead, because they are difficult to access by traditional surgical means, but the procedure also can be used for most other sinuses.

It is much like angioplasty of the heart arteries, but instead, the balloon expands the opening of the sinuses. The procedure involves inserting a small balloon catheter to quickly open and expand the blocked sinuses. The inflated balloon causes microfractures to the bone that gently restructured the nasal passageway, creating a larger opening in the sinuses. By doing so, this restores normal drainage and function to the nose with virtually no tissue trauma.

Patients who undergo Balloon Sinuplasty have significantly less bleeding, trauma and nose swelling, and many who undergo this endoscopic (use of scopes to see inside the nasal cavity) procedure are able to return to normal activities within 24 hours.

The biggest complaint that is received from patients who have had traditional sinus surgery is that they don't like having their noses packed after surgery. With Balloon Sinuplasty, patients don't have to do that.

Our International Patient Bulletin, My Methodist, is now available in an electronic format called eBulletin. . .  
**Subscribe Today!**

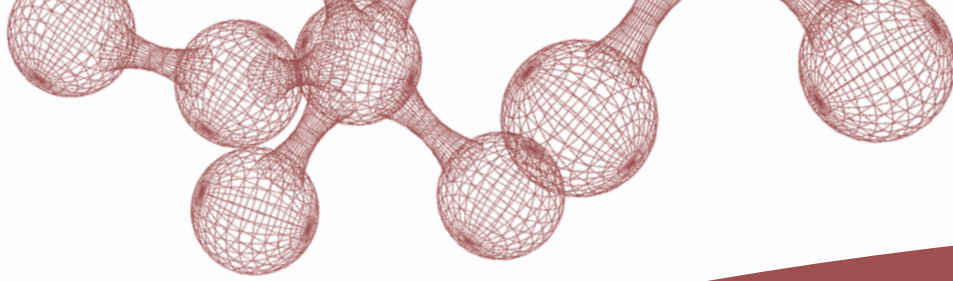
More and more friends of Methodist International are choosing to receive the *My Methodist Bulletin* electronically. Don't miss another issue — subscribe to the *My Methodist eBulletin* now. It's free! Information within the eBulletin provides a compact and insightful view into latest treatment options, advances in surgery and health awareness tips and seamlessly links to other resources and areas of interest on Methodist International's Web site. Go to [www.methodistinternational.org/ebulletin](http://www.methodistinternational.org/ebulletin)



Pitch 1.075

Im Time: 155023  
Acq Time: 154727  
ZF-1

“Balloon Sinuplasty is a great advance in sinus care because it means faster recovery times and less discomfort afterward,”  
— DR. GENE ALFORD



**Methodist** The Methodist  
Hospital

Methodist International, a subsidiary of The Methodist Hospital, facilitates and coordinates international activities and initiatives for The Methodist Hospital of Houston.

To receive this publication electronically, please forward your name and e-mail address to:



**Methodist International**

6560 Fannin, Suite 220, Houston, Texas 77030

Telephone: +1-713-441-2340

Fax: +1-713-793-7097

E-mail: [methodistinternational@tmhs.org](mailto:methodistinternational@tmhs.org)

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

Volume 14, No. **2** 2008

Our International Patient *Bulletin* is now available in an electronic format called the *eBulletin* . . .

Subscribe Today! Go to [www.methodistinternational.org/ebulletin](http://www.methodistinternational.org/ebulletin)

**Methodist** Methodist  
International

6560 Fannin, Suite 220  
Houston, Texas 77030



# My Methodist

Patient Bulletin

**Methodist** Methodist  
International

Volume 14, No.2, 2008  
[www.methodistinternational.com](http://www.methodistinternational.com)



## Have chronic sinus infections? Try Balloon Sinuplasty.


**S**inusitis is one of the most common chronic health problems afflicting millions around the world each year. Sinus problems can significantly impact a person's physical, functional and emotional quality of life.

The nose protects itself from environmental irritants such as allergens and pollution by creating mucus. As this occurs, the nasal passages swell, and the small opening to the sinuses becomes blocked. Once the fluid in the sinus area stagnates, bacteria sets in, causing infection and more swelling occurs, perpetuating the cycle.

Until recently, sinusitis patients were limited to two treatment options — medical therapy, such as antibiotics and topical nasal steroids, or conventional sinus surgery, which requires bone and tissue removal to open blocked sinus passageways.

“Balloon Sinuplasty is a great advance in sinus care because it means faster recovery times and less discomfort afterward,” according to Dr. Gene Alford, a plastic facial and reconstructive surgeon at Methodist who performs the procedure, as well as trains other physicians on how to perform it. “This procedure also can work for people who have undergone traditional surgery but continue to suffer from sinusitis or scar tissue.”

*continued page 2*



## A good night's sleep key to weight loss

**S**leep is just as important as what you eat and how much you exercise if you want to maintain a healthy waistline.

"It's becoming more and more evident that better sleep habits are instrumental to the success of any weight loss plan," said Peggy Vincent, M.S., a behaviorist with Methodist Hospital Wellness Services. "Studies have shown that sleep loss disrupts a series of complex and interwoven metabolic and hormonal processes, which can make weight loss very complicated."

She said a recently published sleep study of 18,000 adults, ages 32 to 59, found that people who sleep less gain more weight. In fact, those who slept less than five hours a night were 50 percent more likely to be overweight.

Cortisol, growth hormone and insulin are hormones that can change the way fat cells respond to the food we eat. Cortisol levels rise, especially in the evening, and increased cortisol leads to increased levels of insulin, which promotes a metabolic environment that encourages the storage of fat.

"Sleep deprivation can lead to insulin resistance, which is the reduced ability of insulin to store glucose in the liver and other tissues," said Karen Brewton, R.D., L.D., with Methodist Wellness Services. "A decline in slow wave sleep, or deep sleep, is also linked with reduced levels of growth hormone, which plays an important role in fat loss and muscle growth."

When we are stressed and tired, most of us tend to gravi-

### Tips on how to get a good night's sleep:

- Put away the "to do" list and make sleep a priority.
- Try not to deal with worries and distractions a few hours before bedtime.
- Do the same thing every night before going to bed. This will signal your body to settle down.
- Try and go to bed at the same time every night.
- Sleep in a cool, dark room that is free from noises.
- Exercise regularly; however, don't do it too close to bedtime.
- Cut down on caffeine and don't have any in the evening.
- Stop smoking.
- Reduce alcohol intake.
- If you can't sleep, get up and go into another room and read, watch TV until you are sleepy.
- Adding just 16 minutes a night can add another two hours of sleep over the course of a week.

tate towards foods that are rich in refined carbohydrates and sugar, Brewton said. When you combine these foods with the increased levels of insulin and cortisol, you have a recipe for weight gain, she said.

"Better sleep habits are essential to the success of any weight loss program," Vincent said. "Taking a few steps towards getting a good night's sleep can not only change your waistline, but it can change your life."

# ManoScan™ pinpoints the precise cause of some digestive conditions

**F**or people who live with unexplained chest pain, difficulty swallowing, heartburn or a persistent feeling like something is stuck in their throat, obtaining an accurate diagnosis can be challenging. But in the last two years, two high-tech breakthroughs for the most common esophageal tests — manometry and pH monitoring — have made it easier for doctors to pinpoint the precise cause of some digestive conditions.

“ManoScan technology gives us the ability to obtain a clear picture of the muscle movement of the esophagus, helping us to determine if the cause of the patient’s discomfort is muscular,” said Dr. Gulchin Ergun, clinical chief of the Digestive Disease Section at The Methodist Hospital.

“We can look into the esophagus with X-ray or endoscopes, but the only way to evaluate the wave patterns of the esophagus is with manometry,” she said. Esophageal manometry measures and records muscle pressure within the esophagus, the muscular tube that connects the throat to the stomach. ManoScan, which uses high resolution manometry, delivers a reconstructed topographic map of the pressures obtained during that recording. The ManoScan measures whether or not peristalsis (successive waves of involuntary contraction) or sequential contraction is actually occurring, whether or not there is enough vim and vigor to the squeeze to push food through, and whether or not the muscle

that separates the esophagus from the stomach relaxes appropriately when you eat.

Prior to high resolution manometry, standard manometry was used, but it was limited because it only measured pressure from a few points inside the esophagus. ManoScan’s advanced technology, which collects measurements from 36 different locations, alerts physicians to what is triggering a patient’s symptoms, enabling them to choose the best possible therapy. It decreases the chances of misdiagnoses, inappropriate treatments and technical mishaps. “If you don’t go this extra step, a patient could be mistreated,” Ergun said.

During a two-hour procedure, in which the patient sits or lies on his side, the physician threads a catheter through the nose into the esophagus. Then the patient is instructed to swallow saliva or water.

Sensors on the catheter then record, transmit and translate information to a contour map image shown on a computer screen. The ManoScan collects the measurements and assembles that information to create a topographic contour of the esophagus during swallowing. This test is faster and more comfortable than standard manometry and allows doctors to collect all information about the squeeze of the swallow in the picture.





## How to avoid summer sports injuries

**D**uring the summer months, thousands of facial injuries occur to people of all ages. Dr. Anthony Brissett, facial plastic and reconstructive surgeon at The Methodist Hospital in Houston, says taking some basic precautions can minimize long lasting facial injuries, prevent costly medical problems and allow people to enjoy the summer injury-free.

**Q: What are the main head and neck injuries you see?**

**A:** I see a lot of patients with facial injuries, anything from lacerations to facial fractures such as broken cheek bones and noses. Whether the injuries are from baseball, basketball, bike riding, swimming or just outdoor fun, I've seen them all.

**Q: How do you treat these kinds of facial injuries?**

**A:** Treatment depends on the severity of the injury. If it's a laceration, a topical anesthetic and suturing usually suffices. In some facial lacerations, in addition to suturing, I may also use Botox injections in order to make the scar look as good as possible. If the injury is a broken bone, an x-ray or CT scan will assist in determining the extent of the break. Some type of X-ray can be very helpful when deciding whether surgery will be involved to repair the damage. For major injuries, I've had to reconstruct someone's cheek or eye socket using bone from another part of their body and titanium plates. That's an

extreme case, but it was successful and that patient is now back playing sports.

**Q: What tips would you provide people to prevent these kinds of facial injuries?**

**A:** Definitely use the right equipment that fits the outdoor activity and be a rule-follower when it comes to sports.

### Follow the common sense rules to stay injury free:

- If you bike, wear a helmet. Don't wear clothing that can interfere with your vision, but do wear a face mask or eye protection if needed.
- Do not dive in water less than 9 feet deep or in above-ground pools.
- Avoid uneven or unpaved surfaces when cycling, skateboarding or in-line skating.
- In baseball, try to not slide head-first.
- We also want to keep in mind the possibility of concussion. Subtle signs can include irritability, headache and drowsiness. I warn patients and family members to not dismiss or ignore these symptoms when seeking medical attention