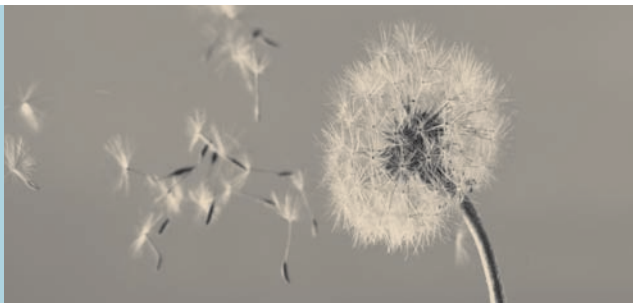


# ENTA

ALLERGY, HEAD & NECK INSTITUTE



Sinus, Allergy & Asthma Center  
 Head & Neck Surgical Oncology Center  
 Thyroid Surgical Institute  
 Speech, Voice & Swallowing Center  
 Hearing & Balance Center  
 Facial Plastic & Reconstructive Surgery Center  
 Facial Nerve Disorders  
 Sleep Disorders

## When thyroid surgery is necessary

The thyroid is a large gland located in the neck. It regulates the body's metabolism and affects almost all tissues of the body. Keeping the thyroid functioning properly can be challenging and problematic. There are several common thyroid disorders including: thyroid nodules, goiter, hyperthyroidism, hypothyroidism, Hashimoto's Thyroiditis, and thyroid cancer. The Thyroid Surgical Institute at the ENTA Allergy, Head & Neck Institute offers a comprehensive approach to the prognosis and treatment of these and other thyroid disorders.

When tests indicate a problem with your thyroid, your physician may consider surgery as a treatment option.

### EXPERIENCED SURGEONS

Thyroid surgery should be done by a surgeon who does a large number of these operations and has experience in dealing with all aspects of the disease for which the surgery is being recommended. The specialists at the Thyroid Surgical Institute, part of the ENTA Allergy Head & Neck Institute, have performed over 1500 Thyroid and Parathyroid operations. The surgeon should also be capable of performing lymph node dissections should they prove necessary.



Thyroid Surgical Institute's, Dr. Steven Sobol continues to perform between 100 and 200 of these operations yearly.

### THE PROCEDURE

Most thyroid surgery may be done on an outpatient basis, although some patients may elect to stay in the hospital for one night. The surgery is performed with a minimally invasive approach and the scar should not be overly visible. Most patients return to light-normal activity within a couple of days of the operation. As with any surgical procedure, there are risks and should be discussed with the patient by the thyroid surgeon.

The Thyroid Surgical Institute is an outpatient facility contained within an office setting offering clinical assessment, thyroid function testing, and office based ultrasound and ultrasonically guided needle biopsy when necessary. All aspects of your thyroid disease are managed and coordinated at one site. The Thyroid Surgical Institute's physicians strive to provide the most contemporary treatments available combined with knowledgeable, compassionate care.

Contact the Thyroid Surgical Institute today to learn more at 876-3682.

## Our Mission

- ◆ To provide the best care for our patients in a compassionate and caring environment.
- ◆ To work to advance the art, science and ethical practice of Otolaryngology, Head & Neck Surgery.
- ◆ To provide the most contemporary medical and surgical approaches to treating disorders of the ears, nose, throat and related structures of the head and neck.
- ◆ To integrate our efforts with those of primary care physicians and other specialists to optimize patient outcomes.

## Food allergies are a common problem

Allergies affect the lives of millions of people around the world. Flowers in a vase, a cat or dog, even the presence of dust can make people itch, sneeze, and scratch. But a growing number of Americans have an allergy to certain foods, and food allergies can be life threatening. Knowledge about food allergies can help save a life.

Food allergy is a reaction of the body's immune system to something in a food or an ingredient in a food—usually a protein. According to recent studies, approximately 11 million Americans—2 percent of adults and 6-8 percent of children under the age of 3, have a true food allergy.

The eight most common food allergens—milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish—cause most food allergic reactions. However, many other foods have been identified as allergens for some people, such as certain fruits or vegetables and seeds. Most children with food allergies to milk, eggs, soy,

and wheat will outgrow their allergy. However, allergy to peanuts, tree nuts, and fish usually persists. Shellfish allergies often develop during later childhood or adulthood, and the most common food allergy among adults is shellfish. Peanuts and tree nuts account for most of the severe cases of food allergy.

Common symptoms of food allergy include skin irritations such as rashes, hives, and eczema, and gastrointestinal symptoms such as nausea, diarrhea, and vomiting. Sneezing, runny nose, and shortness of breath can also result from food allergy, but such symptoms are usually seen at the same time as symptoms in other areas of the body in a more severe reaction. Some individuals may experience a more severe reaction called anaphylaxis. If not treated promptly and properly, anaphylaxis can result in death. Fortunately, the tendency to have such serious reactions is rare.

If you experience an allergic reaction that you suspect is related to food, you should see a board-certified

allergist to get a diagnosis. An allergist and dietitian can best help the food-allergic patient manage dietary issues with little sacrifice to nutrition or the pleasure of eating.

### Making a diagnosis may include:

- A thorough medical history;
- The analysis of a food diary; and
- Several tests including skin-prick tests, RAST tests (bloodtest), and food challenges (using different foods to test for allergic reactions).

Once a diagnosis is complete, an allergist will help set up an action plan to manage allergic reactions that may occur. For more information, contact Bethany Gibson, M.D., Allergist & Immunologist at ENTA Allergy, Head & Neck Institute at 876-3682.

*\*Information courtesy of the International Food Information Council*



## Your solution to a silent night

### *The Pillar® Palatal Implant Procedure*

Has snoring been affecting you or a loved one's peaceful nights' sleep? You are not alone. It is estimated that 45 percent of adults snore at least occasionally, and 25 percent are habitual snorers.\* Now, the Pillar Palatal Implant, a breakthrough treatment, can help.

The obtrusive sounds of snoring occur when the airflow through the passages at the back of the mouth and throat relax and collapse, causing the soft palate tissue to vibrate. Stiffening the palate reduces the vibration, leading to a reduction in snoring, which is the goal of the Pillar Procedure.

During the Pillar Procedure, three tiny woven implants are placed in the soft palate to help reduce the vibration that causes snoring and the ability of the soft palate to obstruct the airway. Once in place, the implants add structural support to the soft palate. Over time, the structure helps to increase the body's own soft palate tissue.

Unlike other procedures, the Palatal Restoration procedure does not involve heating or removing tissue, which minimizes swelling and post-procedure discomfort and speeds recovery time. Often, patients resume a normal diet and activities the same day.

The procedure is performed at the ENTA Allergy, Head & Neck Institute in a single brief visit. Most patients begin to see a significant reduction in their snoring within two to four weeks and have the potential of experiencing a lasting effect.

Success with the Pillar Procedure can be influenced by tongue position, tonsil size, body mass and other factors. Your physician can



give you more information and determine whether the Pillar Procedure is right for you.

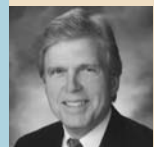
Otolaryngologists Steven Sobol, M.D., and Terence Woods, M.D. at the ENTA Allergy, Head and Neck Institute, are the only specialists in Macon County who perform the Pillar® Implant Procedure.

The procedure is FDA approved, clinically proven, and has a high patient satisfaction rate. To determine whether the Pillar Procedure is right for you, contact the ENTA Allergy, Head & Neck Institute at 876-3682.

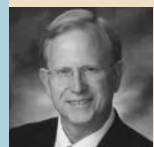
### Our Physicians



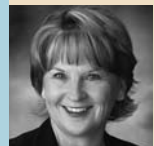
**Steven Sobol, MD, FACS**  
Medical Director



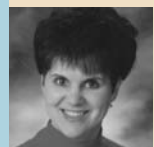
**Stephen Chadwick, MD, FACS**  
Research Director



**Terence Woods, MD, FACS**  
Otolaryngologist



**Bethany Gibson, MD**  
Allergist



**Candace N. Benner, APRN, NP**  
Nurse Practitioner

\*American Academy of Otolaryngology