

Our Office Locations

With a variety of office and clinic locations throughout the region, we are here to meet your needs.

Dupont Office

(CT Scanner location)
10021 Dupont Circle Ct.
Fort Wayne, IN 46825

Lutheran Medical Park

7926 W. Jefferson Blvd.
Fort Wayne, IN 46804

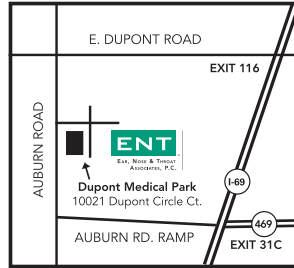
Parkview North Campus

11141 Parkview Plaza Dr.
Building 3, Suite 210
Fort Wayne, IN 46845

ENT Surgery Center

7900 W. Jefferson, Bldg. 1, Suite 102
Fort Wayne, IN 46804

www.entfortwayne.com



Services

General ENT Surgery
Facial Plastic Surgery
Pediatric Otolaryngology
Head & Neck Oncology
Nasal & Sinus Surgery
Hearing Disorders
Hearing Aid Trial Programs
Balance Disorders
Swallowing Disorders
Voice Disorders
Sleep Disorders
Allergic Disorders

Our Physicians

William M. Culp, MD
John E. Westfall, MD
Thomas W. Dumas, MD
David W. Stein, MD
John H. Fallon, MD
Mohan K. Rao, MD
Cynthia L. Wellman, MD
Douglas A. Nuckols, MD
Thomas W. Herendeen, MD
Stephen J. Schreck, MD
Deepkaran K. Reddy, MD
Amy L. Lai, MD
Adam R. Kaiser, MD
Brian D. Herr, MD

Clinics

1-888-881-4368
Angola, Indiana
Auburn, Indiana
Bluffton, Indiana
Columbia City, Indiana
Decatur, Indiana
Huntington, Indiana
Kendallville, Indiana
LaGrange, Indiana
Marion, Indiana
Warsaw, Indiana
Van Wert, Ohio



Practicing Excellence.
Setting the Standard.

Dupont Office

10021 Dupont Circle Court
Fort Wayne, IN 46825

260-426-8117

Lutheran Medical Park

7926 W. Jefferson Blvd.
Fort Wayne, IN 46804

Parkview North Campus

11141 Parkview Plaza Dr.
Building 3, Suite 210
Fort Wayne, IN 46845

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Patient Guide Snoring and Sleep Apnea



Sleep



EAR, NOSE & THROAT
ASSOCIATES, P.C.

Millions of Americans have sleep related difficulties, which commonly present as snoring and sleep apnea. The professionals at Ear, Nose and Throat Associates will identify the sleep disorder and provide state-of-the-art treatment options.

What is Snoring and Sleep Apnea?

Snoring and apnea are relative degrees of obstruction of the airway during sleep. The National Sleep Foundation reports almost half of adults snore occasionally and one fourth of adults snore nightly. Males are more likely to have obstructions of their airway at night. Snoring (periodic partial obstruction of the airway) can be caused by a variety of factors from the common cold, sleep apnea (periodic complete obstruction of the airway), medications (nicotine, antihistamines, sedatives, etc). Other upper airway obstructions include enlarged tonsils and adenoids, allergies, nasal polyps and septal deviation. Weight gain and reduced exercise are frequently associated with these disorders. Alcohol within four hours of bedtime will aggravate snoring and sleep apnea.

What are the Symptoms of Snoring and Sleep Apnea?

- Excessive daytime sleepiness due to fragmented sleep. This may result in reduced school and work efficiency. It may impair the operation of motor vehicles.
- The quality of sleep of the bed partner can be disturbed.
- Early morning headaches, chronic fatigue and emotional distress.
- Untreated, sleep apnea may result in elevated blood pressure and heart disease increasing the risk of stroke, heart attack and aggravation of diabetes.

What are my Treatment Options?

The staff of Ear, Nose and Throat Associates will evaluate your individual sleep disorder and offer the most appropriate treatments to control snoring and sleep apnea.

- Behavioral recommendations such as weight loss and regular exercise will improve and occasionally eliminate the symptoms. Sleeping on one's side often helps alleviate snoring. Proper sleep habits are helpful. Elimination of alcohol prior to bedtime and abstaining from smoking (which increases nasal congestion) also can reduce symptoms.
- Evaluation and treatment for medical disorders (thyroid, allergies, stress, depression etc.) frequently result in control of snoring and sleep apnea symptoms.
- A sleep study may be helpful to evaluate sleep apnea. This can be done in a sleep laboratory or in the home environment.
- In some individuals, an oral appliance can help. Frequently, we direct treatment utilizing nasal CPAP (an air pressure device to prevent airway collapse) which often relieves the problems associated with sleep apnea.
- There are surgical procedures which can improve the airway to help control and many times eliminate problems associated with snoring and sleep apnea. Several treatments including radio frequency ablation, sclerotherapy and pillar palatal stiffening procedures are performed in the office setting. Other procedures including palatoplasty, septoplasty, tonsillectomy and adenoidectomy are performed in the hospital or outpatient surgery center.



Ear Nose & Throat Associates, PC

Ear, Nose and Throat Associates, P.C., is a medical practice of board-certified physicians and surgeons specializing in otolaryngology medical care and surgery. Whether we are treating children or adults, our approach is one of care and concern for the patient. Our staff of licensed clinicians and experienced office professionals are committed to you and your health.



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Amy L. Lai, MD
Adam R. Kaiser, MD
Brian D. Herr, MD

Nurse Practitioners:

Valerie Stucky, RN, FNP, MSN
Julie Hall, RN, FNP, MSN