

**If you are** one of the millions of Americans who have allergy symptoms, you are not alone. In the United States, allergies affect 40 million to 50 million people. Allergic rhinitis (caused by pollen and other airborne allergens) accounts for nearly 10 million physician office visits annually.

The symptoms, which generally include nasal congestion, nasal drainage and sinus headaches, are often chronic. While decongestants and antihistamines provide temporary relief, laser surgery is now available to provide fast and long-term relief—all in a day-surgery procedure that takes approximately 15 minutes.

### **What causes sinus and allergy problems?**

Allergies result from exposure to one or more substances called allergens. These include pollen, mold/fungi, dust mites and animal dander. Sinus and allergy problems are often caused by swollen tissues in the nose called turbinates. Turbinates warm, humidify and clean the air we breathe. During an allergic reaction, the blood vessels and the glands in the turbinates expand, causing the turbinates to become inflamed and swollen.

### **What is laser SMR surgery?**

Laser submucosal resection (SMR) surgery is a procedure to shrink the blood vessels in the turbinates so that air in the nasal passages can flow freely. During the surgery, a fiberoptic wire attached to a laser is passed underneath the lining of the turbinate.


The surgery takes about 15 minutes, and patients typically go home about an hour after surgery. Pain after surgery is minimal. Within two weeks after surgery, patients experience

# Laser Surgery Relieves Allergy Suffering

gradually subsiding nasal congestion. It takes approximately six to eight weeks to see the final results of the surgery.

Not all patients are candidates for laser SMR surgery. You should be evaluated by an ear, nose and throat physician to determine if this is the appropriate treatment for you.

### **What is the expected outcome?**

Approximately 70 percent of the people having laser SMR surgery report major improvements in their symptoms, including a decrease in nasal congestion, nasal drainage headaches, and the need for decongestants and antihistamines. The majority of patients maintain the benefits of the surgery for many years. Occasionally, second laser treatments are required as a touch-up, but such occasions are rare. 

**Get relief! Schedule an appointment today at Dallas ENT and Allergy Center, (214) 947-0000.**





## Quick and Painless

"Quick and painless" are the words Kathy McFarlane, left, uses to describe her laser SMR surgery. "Before the surgery, I had sinus infections every couple of months," says McFarlane, who has been free of sinus infections for several months now. "For me, this is a miracle."

McFarlane describes her condition before surgery as chronic and at times extreme. Her severe allergies caused swelling and drainage, which in turn caused infections. The surgery helped to prevent the symptoms and break the vicious cycle of antibiotics and infections. "Before the surgery, I would barely finish taking the antibiotics before another infection would occur," she says.

McFarlane says that her recovery period was "not uncomfortable at all." In fact, she was back to work in two days. For her, the surgery was definitely a success. "I recommend the surgery for anyone with chronic sinus problems," she says.

## Physician Spotlight

Rajiv Pandit, M.D., is a physician on staff at Methodist Health System and is board-certified in otolaryngology—head and neck surgery. He received his medical degree from Rush Medical College in Chicago, and completed his surgical and clinical residency at Loyola University Medical Center in Illinois. Dr. Pandit is the recipient of numerous honors and awards, the co-author of several journal articles, and a member of the American Academy of Otolaryngology—Head and Neck Society.

Dr. Pandit is a part of Dallas ENT and Allergy Center, which also includes Dr. Bryan Serkin and Paul Stephenson, a certified audiologist. An allergy center will be added to the practice this

summer with the addition of Dr. Troy Gates.

Dallas ENT and Allergy Center has two locations: 221 W. Colorado Blvd., Pavilion II, Suite 943 at Methodist Dallas Medical Center, and at 3450 W. Wheatland Road, POB 1, Suite 211 at Methodist Charlton Medical Center. For more information or to schedule an appointment, call (214) 947-0000.



*Rajiv Pandit, M.D.*