

Obstructive Pediatric Sleep Apnea with Dr. David Mener

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My name is Dr. David Mener I am an ear, nose, and throat physician at ENT and Allergy Associates based in New Rochelle, New York. Pediatric Obstructive Sleep Apnea can be a serious and a frequently undiagnosed condition.

Snoring may be one of the cardinal symptoms that you notice in your child at night. Other symptoms are, frequent restlessness at night, periods where you may notice that your child stops breathing for brief periods of time, some children may even have urination at night, difficulty with concentration during the daytime, or daytime fatigue.

We treat and evaluate obstructive sleep apnea in children by first ordering a polysomnogram. Polysomnogram is a sleep test that evaluates whether your child snores at night, and whether this is associated with frequent breathing episodes, or apneas which are brief pauses in breathing.

If your child has obstructive sleep apnea, we generally categorize this as mild, moderate, or severe. For cases of moderate and severe obstructive sleep apnea, many times we recommend a combination of weight loss (if your child is overweight) and surgically removing the adenoids which are like tonsils in the back of the nose, or the Palatine tonsils which are the tonsils in the back of the throat.

I specialize in a procedure called partial intracapsular tonsillectomy which is a procedure of shaving down the tonsil in order to reduce the risks of bleeding after surgery and to reduce the duration of and improve the recovery time after surgery. I'm happy to help with the diagnosis and treatment of your child, please feel free to call me today and be seen today.

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