

SNORING OR SLEEP APNEA?

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Whether you suffer from snoring or Obstructive Sleep Apnea there is a minimally invasive treatment available. In October 2003, the Restore Medical "Pillar System" received clearance from the U.S. Food and Drug Administration for the treatment of habitual snoring. Since then, over 3,000 Americans have received the Pillar inserts.

Over 40 million Americans and their bed partners suffer from snoring. Of these 40 million, 12 million suffer from the more serious condition of Sleep Apnea. Treatment for these patients, until now, has consisted of more serious and painful surgical procedures. These procedures are designed to remove or "scar down" the offending collapsing tissue in the throat. Another effective but poorly tolerated treatment for Sleep Apnea is CPAP (Continuous Positive Airway Pressure). This treatment consists of a pressurized mask worn over the nose at night to prevent airway collapse. In September 2004, the U.S. Food and Drug Administration granted clearance of the "Pillar System" to also be used for the treatment of mild to moderate Sleep Apnea.

To diagnose Obstructive Sleep Apnea, an accredited Sleep Study is necessary. This entails an overnight stay in a specially designed room, where the patient is closely monitored for signs of Sleep Apnea, elevated blood pressure, cardiac arrhythmias, decreased blood oxygen levels, restless leg movements and disturbed sleep quality. The Sleep Study information is then carefully tabulated and an A.H.I. (Apnea Hypopnea Index) score is calculated for the patient. The higher the A.H.I., the more serious the Sleep Apnea. Mild to moderate Sleep Apnea is defined as an A.H.I. between 10-30. Restore Medical's clinical studies have shown an average reduction in A.H.I. values of 51% in "insert" patients. Patients also experienced significant reductions in daytime sleepiness and snoring.

After intensive research, Restore Medical recognized that by stiffening the soft palate, the "Pillar inserts" would change the way the palate vibrated without surgically damaging the tissue. Embedding three tiny inserts into the soft palate causes the tissue to stiffen. This stiffening leads to a decrease in snoring and reduces the ability of the soft palate to collapse and obstruct the airway.

This breakthrough treatment is simple and is the same for both snoring and Sleep Apnea. The "Pillar Inserts" are a one-time, in-office procedure, using local anesthesia to quickly place the inserts with minimal discomfort and virtually no recovery time. The inserts are designed to be permanent but can easily be removed if necessary. The insert material is a Dacron fiber that has been used in heart valve implant surgeries for over 50 years with less than a 1% rejection rate.

To learn more about this effective, painless and safe treatment for snoring and Sleep Apnea, go to www.restoremedical.com on the Internet.



The illustration above shows the placement of the Pillar inserts in the soft palate. The inserts shown at the top are approximately 2/3 of the actual size.