

How Radiofrequency Ablation of the Tongue is Curing Sleep Apnea

By SATCOA Staff Writer
Heath Friar

S. Taylor was always tired, kept waking up with headaches and would get confused easily. When her doctor asked her if she slept well at night she said, "I have problems sleeping, I wake up many times throughout the night; sometimes gasping for air." Her doctor explained to her she might have sleep apnea and it was time to be tested. Ms. Taylor was referred to Sleep Apnea Treatment Centers of America (SATCOA) for diagnosis. SATCOA was able to set Ms. Taylor up with a home sleep study. A test that easily monitored her sleeping habits from the convenience of her own home. When the test results came back, they confirmed that she did in fact have Obstructive Sleep Apnea.

Obstructive sleep apnea (OSA) is a sleep disorder defined as the unconscious stoppage of breathing for short periods of time throughout a night's sleep. With OSA, there is a soft tissue obstruction of the upper airway, which negatively impacts the flow of air. Pauses in breathing can be just a few seconds to minutes and occur as little as five minutes, to as many as 30 times per hour.

Ms. Taylor's SATCOA physician went over the treatment options encouraging her to try the Radiofrequency Ablation of the Tongue (RFA) procedure. RFA directs small amounts of targeted energy to the base of the tongue in the back of the throat using a non-invasive device. Following the procedure, the treated area heals, and the tissue is tightened and reduced in size, which directly prevents the tongue from blocking the airway while the patient is sleeping.

Ms. Taylor had five treatments that took place at her local SATCOA office. Each procedure from start-to-finish took less than 45 minutes

with actual treatment to the area lasting from two-to-five minutes. She was able to drive herself home or back to work immediately following the procedure.

There are two numbers that are important when measuring OSA. The first is called the Apnea-Hypopnea Index (AHI), which is the average number of times per hour that the patient has events where they stop or slow down breathing. An AHI of less than 5 is normal, 5-15 is considered mild OSA, 16-30 is moderate OSA, and greater than 30 is severe OSA. The second number a physician looks at is the patient's lowest oxygen saturation level (OSL) during the night. A normal OSL is over 90%. If the patient's OSL is dropping below 90%, they are having a problem getting enough air placing them at risk for many serious health problems.

Before treatment Ms. Taylor was diagnosed with severe sleep apnea she had an AHI of 63.8 and Oxygen saturation level of 77%. After receiving the RFA treatment her AHI was 4.2 and her OSL of over 92%. OSA patients with AHI of less than 5 and oxygen saturations remaining over 90% during the post-procedure sleep study are considered cured as defined by American Academy of Sleep Medicine. Radiofrequency ablation of the tongue has successfully cured Ms. Taylor and hundreds of others from a potentially life treating condition.

If you or anyone you know suffer from Obstructive Sleep Apnea and would like more information about Radiofrequency Ablation of the Tongue or Sleep Apnea Treatment Centers of America, please visit CureMySleepApnea.com or call 1-855-863-4537 to speak with a patient coordinator today.

Sleep better. Live Healthier.

"Sleep apnea wasn't allowing me to sleep or breathe well for a long period of time. After undergoing the treatment, I sleep better at night, breathe easier, and don't snore. I have the utmost respect and admiration for my doctor."



- S. Taylor

At Sleep Apnea Treatment Centers of America, we offer a safe, effective alternative to traditional sleep apnea treatments. You can **have your sleep apnea treated or even cured** with our minimally invasive Radio Frequency Ablation (RFA) procedure.

To schedule a consultation,
call 1-855-863-4537

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