

Cure for Sleep Apnea Is Source of Pride for Tampa Community

INNOVATIVE PROCEDURE HELPS PATIENTS SLEEP BETTER, LIVE HEALTHIER

By **PHOEBE OCHMAN**
SATCOA Staff Writer

With an interest in both science and helping people, Dr. Scott Anderson decided upon a career path in medicine. After graduating from Washington and Lee University with a Bachelor of Science in Chemistry, Dr. Anderson earned his medical degree from Eastern Virginia Medical School in Norfolk, Virginia. Expertly trained and board-certified in otolaryngology by the American Academy of Otolaryngology, he discovered early on in his ear, nose, and throat (ENT) practice that helping sleep apnea sufferers was a natural evolution.

“When a person’s airway is obstructed during the course of the night, the result is lack of sleep,” said Dr. Anderson. “At times, this individual will wake up struggling to breathe and inevitably in the morning, he or she feels fatigued.”

Unfortunately, it is estimated that 80% of people with sleep apnea are undiagnosed or do

not seek treatment. Why? According to Dr. Anderson, “There are two reasons for this statistic. One: People simply are not aware of the disease. If they snore, it is viewed as a comical occurrence. They may not realize the serious health risks associated with sleep apnea. And the other reason is that there is a small subset who realize he or she has sleep apnea but do not want to hear the diagnosis, much like someone thinking they might have cancer and not wanting to actually know the truth. It is vitally important for people to understand the risks associated with not seeking treatment.”

When left untreated, sleep apnea increases the risk of developing life-threatening conditions such as heart disease, stroke and diabetes. “Cardiovascular disease is the number one killer today and sleep apnea is one of the few preventable causes of this condition. Any treatment for sleep apnea will improve one’s overall sense of

well-being,” emphasized Dr. Anderson.

He added, “Many people might be under the impression that their only option for treatment is continuous positive airway pressure (CPAP). Despite the fact that CPAP will lessen the symptoms, the bulkiness of the mask along with other issues prevent many from being compliant.”

After a fortuitous meeting of the minds with Dr. Jeff Silveira, CEO and Founder of Sleep Apnea Treatment Centers of America (SATCOA), Dr. Anderson decided that he wanted to be involved in educating people about an actual cure for sleep apnea, radiofrequency ablation (RFA). “This procedure is not new,” said Dr. Anderson “Actually RFA is an old solution that has been improved by moving from a hospital operating room to an in-office setting.”

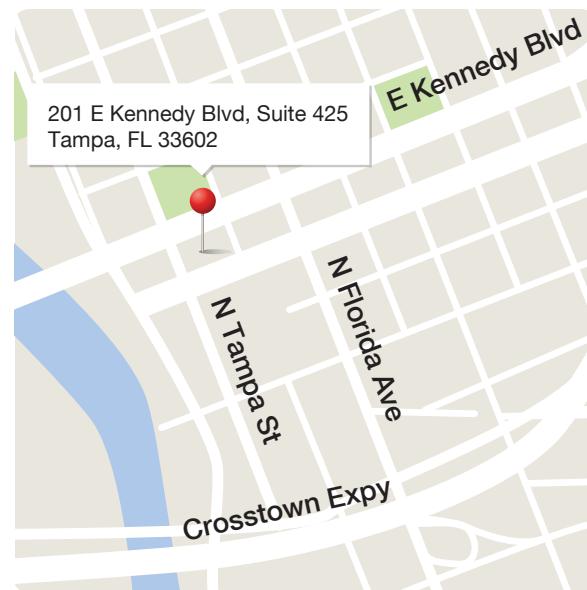
Dr. Anderson has discovered that patients are pleasantly surprised at the ease of RFA. “They tolerate well the targeted energy to the base of the tongue, which over

the course of several short treatment visits prevents this muscle from obstructing their airway at night,” he said. “The fact that we can offer a FDA-approved cure for sleep apnea is a true paradigm shift in sleep medicine.”

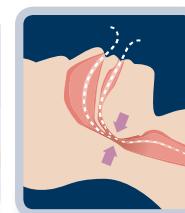
An Atlanta native who enjoys charity golf tournaments, Dr. Anderson has recently brought his talents to the new SATCOA facility in Tampa. “It is a source of pride to be able to offer RFA to the Tampa community as a cure for sleep apnea,” he said. “This treatment allows SATCOA to be at the forefront of medical technology.”



Dr. Scott Anderson



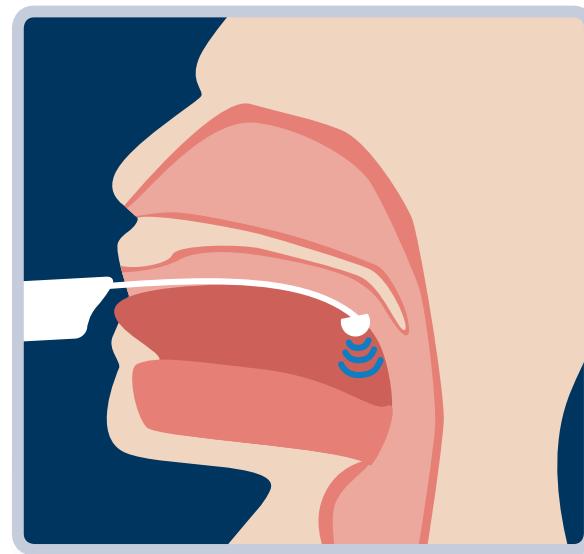
Normal Open Airway



Partially Blocked Airway



Completely Blocked Airway



RFA to the Tongue Base

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