

HEALTH & WELLNESS

★★★★ THE BEVERLY HILLS COURIER ★★★★★



FUNDS FOR CANCER RESEARCH—The Israel Cancer Research Fund luncheon at the Four Seasons on Wednesday was a sold-out with more than 350 attendees. ICRF Woman of Action awards were presented to, from left, Dr. Vivien Zigelboim, Beverly Hills psychologist; Beverly Cohen of the Four Seasons, and Lisi Harrison, bestselling author. Co-chairs, along with Cohen, were (from left): Jeannine Sefton and Myrtle Sitowitz. ICRF is the only charitable organization in North America solely devoted to supporting cancer research in Israel. For information, call Mitch Orlik, ICRF executive director, 323-651-1200.

Photo by Orly Halevy

Surgeon's Device Helps Patients Endure Operation To Ease Breathing

In his Beverly Hills practice, facial cosmetic surgeon Dr. Robert Kotler encounters many patients who can't breathe.

This can be because of allergies, sleep apnea, unfixed broken noses, deviated septum or nasal blockage.

Often a problem, like a deviated septum, combines with enlarged turbinates (the narrow and curled bone shelf—shaped like an elongated sea-shell—which protrudes into the breathing passage of the nose) to block air passages. Or colds or allergy cause swelling that completely shuts the airway.

And there are the patients

with difficulty breathing who say, "I don't get allergies; but my breathing gets worse when I sleep."

"There are a lot of people walking around who can't breathe," Kotler said.

"People get hooked on nose sprays and medications—that row of the pharmacy—and nothing works," Kotler said.

The operation to fix the problem is "nothing new and underutilized," Kotler said. Straightening a deviated septum and trimming turbinates has been done for 100 years, he says.

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DEVICE

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ducting the turbinates makes the nose passages larger, Kotler said. "It make a two-lane highway into a four-lane. Even if allergies block the air passages there is twice the room so patients can still breathe."

The biggest hurdle for many patients, Kotler says, is having to endure the cotton "packing" required after the procedure. Typically doctors fill 90 percent of the sinus cavity so the soft tissues will stay where the doctor left them and to reduce the chance of bleeding. Patients are left feeling like they've got a clothespin holding their nose closed.

For some, the inability to breathe normally causes anxiety and claustrophobia, Kotler said.

The mouth breathing dry throat, the bad breath that can result, plus the loss of smell, especially when eating, combine to create an experience that makes patients say "this is no fun," Kotler said.

"The light came on," Kotler said, when he encountered a patient who'd broken his nose, was not happy with the look of his nose and who also couldn't breathe. "I told him we could fix it all in one operation. And he said, 'if you put packing in I'm out of here—I can't stand it.'"

"I thought, if this is the one thing stopping him from a lifetime of comfort, I was going to give him two drinking straws in his nose."

But he came up with something better. Two silicone tubes that can be shortened to match the length of the nasal passage.

The multi-component system/kit is centered on a one-piece, two-tube nasal airway appliance inserted by the surgeon at the end of the operation, at the same time as the packing.

The "back opening" of the tube sits just forward to the end of each nasal passage, beyond the area of packing, yet not abutting the back wall of the upper throat.

"It's a nifty thing. I thought wow, how come after 35 years and 4,000 nose cases, I hadn't thought of this before."

Kotler, who's taught at UCLA and USC for 30 years, received good feedback from colleague at both schools. Their suggestions have helped Kotler through three generations of the device.

He's now used the device on 37 patients and is writing a research paper on what he says have been 100 percent positive reactions from patients.

With the FDA application in, and a patent pending since last year, companies are interested in the device, Kotler said, including one that wants to take it worldwide.

Anesthesiologists also love the device, Kotler says. "It gives them a channel into the back of the throat to evacuate blood or mucus that accumulates in the



Dr. Robert Kotler

throat. With this system they can use a suction catheter, using the same tube, even while the patient is asleep.

The underlying message, Kotler says, is that there's a huge demand for the operation. "It's amazing that patients can have a one-time operation and breathe for the rest of their life

"It's a nuance, but an important one," Kotler stated.

And there are many people who can be helped, according to Kotler. Anything that blocks the nasal passages, like a broken nose that wasn't corrected properly, can contribute to sleep apnea with an estimated 20 million sufferers in the United States.

Another 40 million suffer from allergies. A recent patient, also a doctor, told Kotler he'd cured his allergies. "Allergies are sensitivity of tissues to everything in the air," Kotler explained. "When we trim the turbinates and straighten the noses, there is less tissue to swell and less blockage."

Kotler is the author of *Secrets Of A Beverly Hills Cosmetic Surgeon* and its followup, *The Essential Cosmetic Surgery Companion*. He was also one of the original ensemble members of E! Channel's *Dr. 90210*.

—Steve Simmons

GREEN

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and energy:

- A full energy audit find efficiencies in lighting, air conditioning, heating and energy consumption. This will also include surveying products.

- Installation of photovoltaic panels (solar) on some buildings, including an examination of partnerships with private businesses that could pay for the capital costs in exchange for use of the tax incentives that are not needed

VANS

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near by.

The amplified sound travels 300 ft. from the street to his living room, Paul says. California vehicle code prohibits noise being audible more than 50 feet from a car.

Paul approached the Traffic and Parking Commission last week requesting the City consider requiring open-air tour vans use headsets.

Researching the headsets it would only cost a company between \$500-\$600, he said. Typi-

by the district.

- Application of a light deflecting film on roofs to keep buildings cooler and reduce air conditioning costs.

- Use of mini skylights on top floors of buildings to bring in natural, full spectrum light.

- Landscaping with drought resistant plants to save water.

- Other strategies such as commissioning of buildings to determine if all the systems are working at peak efficiencies.

Lurie will also look to the creation of a green taskforce

cally, the average "movie star home tour" costs about \$39.

Starline Tours charges approximately \$40, and departs a van every half an hour from 9:30 a.m. to sundown. A message left for the company was not returned.

After Paul approached the commission, Traffic and Parking Commissioner Brian Rosenstein responded: "The tour vans are a problem that has escalated exponentially in recent years. Personally, I would like to see them operate in a manner that is more respectful of our residents and com-

HOLIDAYS

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\$533.919 million," said Alison Maxwell, director of economic development and marketing. "Traditionally the 4th quarter

(Sept.-Dec.) is the City's highest grossing sales period. However, dramatic changes in global economic fortunes meant that in 2008 the second quarter was the highest.

"We are hopeful that, though

BADGE

(Continued from page 4)

your way (John). You want the ad-hoc committees to work around your schedule. Unfortunately, those days are over."

With that, she pounded the gavel and ended the meeting.

However, it appears the two have put it to rest. Krasne has apparently written Mirisch an apology letter.

ANIMALS


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erinary board to tell me otherwise."

Beverly Hills approved the ordinance the same day San Francisco's Board of Supervisors voted to do the same, one day before Los Angeles City Council adopted the same.

Santa Monica City Council adopted the ordinance Oct. 27.

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From the moment our journey begins, so does our struggle for communicating our needs and comprehending the needs of others. Yet this ability is at times compromised, and the mind becomes trapped in a shell. Providing consultations, evaluation reports and therapy, available for telephone conferences & tending iEPs.