

## Difficulty Breathing through Your Nose?

It is difficult to know at what age exactly it is time to get specific health screenings, and we usually brush off certain signs that could potentially lead to health risks and more dangerously, diseases. So what screenings should we pay particular attention to, and at what age can we detect what risks may arise?

Because health is important at every age, here at THETALK, our plan is to address key issues related to health and beauty. Last issue, THETALK focused on vision. This issue, THETALK will focus on breathing problems related to your nose. Why it makes a whistling sound, or why you snore at night? We will offer surgical and non surgical solutions, as well as tips from experts at Royale Hayat Hospital.



## When Your Nose Does Not Work Well

The primary function of the nose is to breathe efficiently and comfortably. That sounds pretty basic, but many people have breathing problems with their nose, both during the day and at night, at play and at rest. Breathing problems of the nose and sinuses can cause headaches, pain, anxiety, and depression, and can interfere with participation in many activities. Because the nose is often broken, some nasal problems are caused by scar tissue that partially or fully blocks the airways. A build up of scar tissue can also cause the more minor, but potentially embarrassing, whistles and other noises during breathing. So, what exactly is causing these breathing problems and what solutions are out there to help you? Let's take a deeper look:

### Deviated Septum

Even if your septum is nice and straight, you may have extra mucosal tissue, cartilage, or scar tissue and sometimes even bone that may be blocking or partially blocking one of your nostrils. A deviated septum can also cause a nose to be crooked, if the deviation is from birth or early childhood. The septum grows crookedly as you age and pulls the nose out of alignment. Not only can a deviated septum wreak havoc on your ability to breathe through your nose, if it is severe enough it could contribute to repeat sinus infections. If you need sinus surgery, but the surgeon has difficulty getting tools and instruments into the sinus cavities, it is possible that you will need a septoplasty in addition to rhinoplasty.



### Non-Surgical Solutions for Breathing Problems

- Clear nasal passages. Having a stuffy nose makes inhalation difficult and creates a vacuum in your throat, which in turn leads to snoring, or whistling. You can do it naturally or try nasal decongestants or nasal strips to help you breathe more easily.
- Keep bedroom air moist with a humidifier. Dry air can irritate membranes in the nose and throat.
- Reposition. Elevating your head four inches may ease breathing and encourage your tongue and jaw to move forward. For sleep, there are specially designed pillows available to help prevent snoring by making sure your neck muscles are not cramped.
- Avoid caffeine and heavy meals within two hours of going to bed, especially dairy products and soymilk.
- Sleep on your side. Avoid sleeping on your back, as gravity makes it more likely for your tongue and soft tissues to drop and obstruct your airway.



## Surgical Treatments for Breathing Problems

Dr. Abdulmohsen Al Terki, Consultant ENT at Royale Hayat Hospital states, although you could survive perfectly well with a single nostril, your nose holds two parallel breathing passages that are divided by a thin wall of cartilage called the septum. Your two nostrils shift their workload back and forth in a delicate dance called the nasal cycle. At any moment, most of the air you inhale travels through just one nostril, while a much smaller amount seeps in through the other, and vice versa. Each cycle usually lasts from 40 minutes to several hours, that's why you often have intermittent periods of easy breathing even when you suffer from a heavy cold. To understand why, you need to realize that the nasal cycle changes the way air passes through your nose. In your dominant nostril, the air moves very quickly. In your other nostril, it seeps through more slowly. Recent research has uncovered the apparent reason for nostril switching that it improves the sense of smell.

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**Septoplasty:**  
The most common surgery for a deviated septum is septoplasty. A septoplasty can straighten a deviated, twisted, bent, or crooked septum to improve breathing, reduce the incidence of nasal and sinus infections, and increase comfort.



### Turbineotomy: Surgery for Breathing Obstruction or Other Afflictions

Turbineotomy is a nose surgery to remove part of the turbinate structures (both bone and soft tissue) in the nasal cavity. The turbinates can become enlarged due to trauma or infection and can block breathing and drainage of the sinuses. Turbineotomy is done to open up the nasal airway and improve breathing by removing some or all of the turbinates. Many celebrities have undergone rhinoplasty to improve their breathing problems. Take a look at some before and after pictures of these celebs.



**Rhinoplasty:**  
Rhinoplasty is performed to correct breathing problems related to the nose or to correct disfigurement of the nose that has occurred because of trauma or birth defects that cause the nose to take an abnormal shape. Rhinoplasty can reduce or increase the size of your nose, or change the size or shape of the tip, the bridge, or nostrils.