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**THE SNORING CENTERSM IS TEXAS' SOLE PROVIDER OF IN-OFFICE
LASER TONSILLECTOMY**

**30-Minute Procedure Eliminates Disruptive Snoring and Chronic
Tonsillitis with Minimal Recovery Time**

DALLAS, Texas (March 4, 2008) – While the typical Snoring CenterSM patient includes a sleepy someone in search of a decent night's rest, those suffering from another common woe can also find relief. Specializing in minimally-invasive procedures designed to eliminate disruptive snoring and sleep apnea, the Snoring Center is also **Texas' sole provider of in-office Laser Tonsillectomy**. A treatment helpful not only to heavy snorers, Laser Tonsillectomy alleviates the painful reality of chronic tonsillitis, an inflammation of the tonsils which can become a recurring issue in some adults.

A recent study found in an academic publication from the *American Academy of Otolaryngology – Head and Neck Surgery* details the increased quality of life tonsillectomy patients experience following the procedure. (*Quality of life after tonsillectomy*, Witsell DL et al, OTO-HNS (January 2008) 138, S1-S8)

Triggered by bacterial infections, tonsillitis symptoms frequently include a severe sore throat, difficulty in swallowing, headache, fever and chills, swollen lymph nodes in the jaw and neck, and fatigue. For many adults, tonsillitis is a recurrent, unpleasant issue in their lives.

Acute episodes are commonly treated with antibiotics. Surgery to remove the tonsils (tonsillectomy) is often recommended to patients with chronic and/or recurring infections. Unfortunately, traditional tonsillectomy is an invasive procedure requiring general anesthesia. It is associated with very painful and lengthy recovery times. As a result, for many patients, the cure is perceived to be worse than the disease.

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However, the in-office Laser Tonsillectomy is changing the equation. From start to finish, the out-patient procedure lasts approximately 30 minutes, uses local anesthesia, and allows patients to resume regular activities the next day. Using a CO₂ laser, the Snoring Center medical team carefully vaporizes the outer surface of the tonsils, where infection-causing bacteria can lurk. Removing the outer portion, while leaving the tonsil capsule intact, eliminates the pain associated with traditional tonsillectomy. For most patients, this procedure is effective at preventing future infections.

Studies have shown that for chronic tonsillitis patients, having a tonsillectomy benefits the patient both medically and financially. On average, those who underwent a tonsillectomy missed fewer days of work post-procedure, had fewer doctor's visits and spent less time taking antibiotics than patients who kept their tonsils.

“Having a tonsillectomy used to mean a dreaded visit to the hospital followed by weeks of liquids and ice cream,” said Snoring Center founder and medical director Craig Schwimmer, MD, MPH, FACS. “But with the in-office Laser Tonsillectomy, a quick half hour is all it takes. There's minimal discomfort and you're back to work the next day. Even better, you've taken a big step to dramatically improve your health and your life.”

Dr. Schwimmer, a board-certified Otolaryngologist, is **currently the only doctor in Texas performing in-office Laser Tonsillectomy**. Practicing medicine in North Texas since 2001, Dr. Schwimmer also performs the Pillar Procedure, Soft Palate Coblation and Coblation of the Nasal Turbinates on a regular basis. The Snoring Center is the nation's leading provider of the Pillar Procedure, and has helped hundreds of patients improve both their sleep and overall health through these minimally-invasive treatments.

About The Snoring Center

The Snoring Center is a unique medical practice dedicated exclusively to the evaluation and treatment of snoring and sleep apnea, bringing more effective, minimally-invasive treatments to the sleep-deprived public. It is one of America's leading providers of office-based treatments for sleep-disordered breathing, founded by Craig Schwimmer, MD, MPH, FACS, and a Board-Certified Otolaryngologist.

Snoring is more than just an embarrassment and can be indicative of serious health problems. Even mild snoring can disrupt sleep, depriving snorers and their bed partners of the rest they need. Lack of sleep can cause everything from fatigue and short tempers to decreased job performance and auto accidents. Offering quicker, convenient and effective treatment options, vs. the cumbersome, painful CPAP mask and traditional surgery, Snoring Center patients benefit from a better night's sleep, improving both their physical and personal lives.

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The Snoring Center is the nation's leading provider of the **Pillar Procedure and expert at in-office Laser Tonsillectomy, Soft Palate Coblation® and Coblation-Assisted Turbinate Reduction** with many of the procedures done during an office visit with local anesthesia and require minimal recovery time.

Open in Snider Plaza in Dallas and The Village at Camp Bowie in Fort Worth, for more information please visit www.snoringcenter.com or call 214-369-2345.

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