

INSPIRATION

STEP

2

INVESTIGATE
ALL YOUR
OPTIONS

EASY LIVING
Treatments such as
nasal implants could
drastically reduce
breathing difficulties
PHOTO: ISTOCK PHOTO

The gift of easy breathing

Question: How did a pioneering procedure change one woman's life?

Answer: Sue McDevitt, 53, had a life-changing titanium nasal implant after enduring several operations for her collapsed nasal passages.

HOW I MADE IT

Sue McDevitt, 53, who divides her time between London and Moscow, where her husband works, had a life-changing titanium nasal implant less than a year ago.

"I'd had problems breathing since the birth of my second child in 1983. For several years the problems came and went and I tried many over-the-counter remedies. However by 1998 the problem was permanent and I had a rhinoplasty to cut away cartilage inside my nose to aid breathing with a second rhinoplasty in 2005 but both operations only made my breathing easier for a matter of weeks afterwards.

At night, I was unable to sleep and would wake frequently, fearing that I was suffocating. During the day the problem was just as bad and any exertion at all made me feel as if someone was holding my nose tightly.

I had been considering yet more



"I have spoken to so many people who would similarly benefit but haven't heard about it."

Sue McDevitt

Underwent an op to aid breathing difficulties.

nose surgery as my breathing difficulties persisted. I mentioned this to Dr Capildeo, the consultant neurologist in the UK treating me for migraines and cluster headaches. We discussed

the fact that it may help my headaches if my breathing was improved - he told me he could refer me to a surgeon who was at the forefront of ENT surgery, Mr George Fayad.

SUE'S FACTS

■ There are so many improvements in day-to-day life since having the implant. My sleep quality is much better as I no longer awaken due to my nose feeling totally blocked - and I don't waken with a sore and dry throat caused by breathing incessantly through my mouth.

■ I am now able to breathe clearly through my nose I have been able to start going for regular exercise and to the gym.

■ Since the operation I have been on holiday to California, including Death Valley where temperatures were +40 degrees and at present I am in Moscow

where it has recently been -20 - and I'm delighted to say that my breathing is easy in both extremes of temperature. Previously it was sometimes difficult to breathe in hot climates due to being totally stuffed up. I am so pleased to have had it done.

**Read more
on the web:**

<http://www.entuk.org/>

<http://www.britishsnoring.co.uk/>

As it turned out my headaches have, to date, lessened only slightly but it was during my consultation with Mr Fayad that he unveiled a new procedure ideally suited to my problem - the titanium nasal implant, the Breathe Implant. Although it didn't help my headaches significantly it may be helpful in that way for someone else - and most of all, it has dramatically improved my breathing.

Mr Fayad first suggested nasal strips, as I had very narrow nasal passages and I always used to try to hold my nostrils open to aid my breathing. The nasal strips made a huge difference at night but I still had the problem during the day. The titanium implant, however, was able to solve the problem completely.

The surgery was very easy - I suffered no pain at all and I was in the supermarket, shopping, the next day. My previous rhinoplasties required 2 weeks off work and there was some occasional bleeding.

I am so pleased to have had it done - it's been absolutely incredible. I have spoken to so many people who would similarly benefit but haven't heard about it."

EMILY DAVIES

info.uk@mediaplanet.com



TOP TREATMENT OPTIONS



Breathing difficulties can effect every aspect of a sufferers life

Breathe implants

■ A Breathe Implant is a titanium prosthesis implanted under the skin of the nose. It will produce a similar effect to the strips, but it will be permanent. The procedure is meant to produce a better opening of the soft part of the nose in order to increase the calibre of the airway - this is achieved by bolstering a triangular cartilage that forms the ceiling of the nasal fossae. It helps to stabilise the soft parts of the nose, in particular the nasal valve, the narrowest part of the airway.

It's performed in a similar way to an "open septo-rhinoplasty", an operation for nose reshaping. It entails a small cut to the skin of the nose in the area situated between the 2 nostrils. The remainder of the cuts are performed inside the nose and will not normally be visible.

The Breathe Implant causes no major changes to the shape of the nose.

Before having a Breathe Implant it is recommended that nasal strips that open the nasal airway have been tried - and that they have to some extent been found useful.

Nasal sprays

■ As well as nasal strips, there are nasal sprays, principally herb or seawater-based, which reduce nasal inflammation and improve nasal breathing. They also have astringent and antiseptic properties that reduce catarrh and are very useful against infectious diseases in the sinuses and nasal passages. Their anti-inflammatory properties also make them effective in the treatment of inflammatory conditions such as allergic rhinitis or hay fever.

Non-surgical options

■ Other solutions to help easier breathing include nasal dilators, a flexible plastic device inserted into each nostril and worn during sleep, and mandibular advancement devices, also worn during sleep, which hold the lower jaw and tongue forward, allowing more space to breathe.