

EAT SMART BE FIT LIVE WELL

Cooking Light

special
entertaining
issue

SEPTEMBER 2006

FIRST LIGHT HEALTH

MULTIPLE CHOICES

Snoring Remedies

Snoring can disrupt sleeping patterns and may eventually lead to long-term sleep apnea, a serious condition in which you temporarily stop breathing. Rest easy with one of the following three snoring remedies.

■ **A Pillow:** Anti-snoring pillows (found at houseware stores) are designed with gentle curves that help align your head and neck while you sleep.

What the expert says: "These pillows help keep your head properly positioned, which can make you less likely to snore," says Charles P. Kimmelman, M.D., director of the New York City Ear, Nose, and Throat Center.

Best for: Side sleepers

■ **A Nasal Strip:** Flexible adhesive nasal strips (at drugstores) attached to the bridge of your nose help hold the nostrils open. **What the expert says:** "If you're already snoring, blocked air passages in your nose can make it worse, however, snoring doesn't occur from your nose being blocked," Kimmel-

man says **Best for:** Those whose occasional breathing difficulties are due to congestion

■ **A Surgical Procedure:** Pillar procedure is a 20-minute surgery performed under local anesthesia where three tiny soft polyester inserts are placed into the back of your mouth to stiffen and support the soft palate. **What the expert**

says: The new pillar procedure offers low pain, requires no hospitalization, and you can resume your normal activities the next day,"

Kimmelman says **Best for:** Severe snorers. With a success rate of up to 80 percent of patients, this low-risk procedure is the ideal way to treat snoring caused by structural problems in the soft palate. -IM

Snoring can lead to more serious health conditions (and an unhappy bedmate).