

SEE YOUR DOCTOR

Snoring Child? It May Be Time To Check Their Tonsils

(NAPSA)—Like many parents, you may not think your child's snoring is a cause for concern, but it is actually a sign your child may have enlarged tonsils. Tonsils that are too big for a child's airway cause sleep disorders that can lead to a variety of health and behavior problems including daytime sleepiness, failure to thrive and attention deficit hyperactivity disorder (ADHD) type behavior. Fortunately, problems caused by sleep disorders can be alleviated with a tonsillectomy.

Now, a new parent- and child-friendly resource, www.tonsilfacts.com, is available to help parents learn more about the dangers of enlarged tonsils, symptoms to look for and various tonsillectomy options available. The site also contains stories that parents can read to or with their children and a downloadable discussion guide that parents can take to their child's doctor.

According to the American Academy of Otolaryngology—Head and Neck Surgery (AAO-HNS), tonsillectomy is the second-most-common childhood surgery, and yet many parents remain confused about the procedure. Unlike in years past, tonsillectomies have emerged as the preferred treatment for sleep-disordered breathing (SDB). In fact, the AAO-HNS estimates that 75 percent of tonsillectomies are performed to remove enlarged tonsils.

It's time to see the doctor if your child is experiencing any of the following symptoms of enlarged tonsils:

- Snoring
- Mouth breathing
- Difficulty swallowing
- Gasping or snorting noises



Visit www.tonsilfacts.com for information about the health consequences caused by enlarged tonsils.

- Restless sleep
- Bed-wetting
- Fatigue or hyperactivity.

You should also contact a doctor if your child has a very sore throat, a fever and/or bright red, swollen tonsils with white or yellowish spots, as these are common signs of tonsillitis.

Fortunately, today's tonsillectomies are not as painful as those of even 10 years ago. Newer, more advanced technologies such as Coblation® use lower temperatures and have been shown to reduce recovery time and pain after surgery, as compared to older, heat-based technology. Clinical studies have shown the recovery period is shorter with Coblation, reduced from 7.6 days to just 2.4 days, reducing the risk of dehydration and rapid weight loss.

You can visit www.tonsilfacts.com to find more useful information, including descriptions of the different tonsillectomy procedures, when to see your doctor and tips to help prepare you and your child for a tonsillectomy.