

G. Paul Doxey, MD

Trusted, experienced personal ENT care

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G. PAUL DOXEY, MD

Board-Certified: American
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Residency: Otolaryngology–
Head & Neck Surgery, University
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MD: University of Utah College
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TRUSTED CARE FOR:

- Sinus/nasal problems
- Snoring & sleep apnea
- CT-guided sinus surgery
- Balloonplasty
- Deviated septum
- Nasal blockage/polyps
- Nasal fractures
- Nosebleeds
- Ear pain & infections
- Voice & swallowing disorders
- Care of the professional voice
- Perforated eardrum
- Head & neck surgery/cancer
- Thyroid & parathyroid surgery
- Allergies & testing
- Salivary gland infections & surgery
- Nose reshaping (rhinoplasty)
- Facial or nasal fracture repair
- Otoplasty (correction of overly prominent or poorly positioned ears)
- Neck masses
- Facial wound repair & reconstruction
- Surgical removal of facial moles & tumors

TRUSTED CONVENIENCE:

- Convenient location
- Friendly, courteous staff
- Most insurance accepted & filed
- Major credit cards welcome
- Convenient office hours
- Ample free parking

Snoring and Obstructive Sleep Apnea

Self-Help Suggestions for Snorers

1. Start a weight-reduction program that is sustainable throughout your life: Exercise regularly to improve muscle tone, and improve your diet to reduce body fat.
2. Try changing your mind-set about what food is. Think of it as fuel that your body needs to sustain your work for the day. Try to disassociate food from your emotions, as some people use it as a “comfort” or to “relieve stress.”
3. Avoid getting overtired. Get seven to eight hours of sleep nightly.
4. Avoid alcoholic beverages within four hours of bedtime.
5. Avoid sleeping pills, antihistamines and tranquilizers before bedtime.
6. Stop smoking and any other tobacco use.
7. Sleep sideways rather than on your back. Pin a “snore sock” to your pajama back: a stocking with a tennis ball in it.
8. Tilt the entire bed with the head upward four inches, for example by placing bricks under the bedposts at the bed head.
9. Try wearing a neck-sprain (whiplash) collar at night to keep your chin extended, and avoid use of a thick pillow that would kink your neck.

Decrease your appetite and cravings:

1. Drink a tall glass of water (or other sugar-free, fat-free beverage) to partly fill your stomach at the beginning of your meal, and drink swallows of it in between bites of your meal. Try eating a piece of fruit before your meal 20 minutes before you have your meal.
2. Eat slowly (take 20 to 30 minutes for your meal) to give your brain time to recognize that you have eaten enough.
3. Chew your food thoroughly to give your smell and taste buds time to be satisfied.
4. Chew a stick of sugar-free gum at the end of a meal instead of taking second helpings, desserts or extra snacks.
5. Brush your teeth after meals to decrease your snacking urges.
6. Keep tempting foods, snacks and treats out of sight, away from your desk and out of your house.
7. Avoid buffet-type and smorgasbord restaurants.
8. Get seven to eight hours of sleep nightly.
9. Lower your anxiety and stress levels. Remember, food is to satisfy your nutritional needs; if you eat it for emotional comfort, you will overeat. Learn to deal with emotional issues in a healthy way.

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Develop healthy eating habits:

1. Choose low-fat or nonfat milk, ice cream, cheese, etc.
2. Choose lean meats (white-meat poultry, fish).
3. Cut away and discard meat fats and poultry skin before cooking.
4. Develop your own “just one bite” rule about foods you really like but which are too fatty (such as bacon, sausage, spare ribs, hot dogs and hamburgers, deep-fried or sautéed foods, creamed soups, cheesecake, etc.)
5. Choose steamed, broiled or grilled foods rather than fried ones.
6. Emphasize fiber foods (cereals, whole-grain bread, vegetables, fruits), which are filling and are good for bowel regularity.
7. Snack on raw carrots, celery, apples or other fresh fruit instead of candies or cookies.
8. Eat small meals at regular mealtimes and a snack (as above) halfway between meals. Don’t allow yourself to become overly hungry.
9. Take smaller-size servings. Use small dinner plates at home. When eating out, order child-size portions, or eat two appetizers instead of a main course, or split the meal with a companion.
10. Save desserts for special occasions and weekends only.
11. Drink water or diet drinks instead of sugary or alcoholic beverages.
12. Say “Sorry, I pass” to second helpings, and don’t eat leftovers off the plates of your family or friends. Let them go to waste, not to your waist.
13. Avoid big late-evening meals. Dinner at eight puts on more weight than dinner at six.

Increase your physical activity:

1. Walk the stairs instead of using elevators.
2. Park your car at reasonable and safe distances from your destinations and walk the rest of the way.
3. Take a power walk for a constant 30 minutes or more daily at least five days per week. Use a slow pace for the first few days or weeks. Quicken it as it becomes comfortable. A mild increase in breathing and heart rate (pulse) is desirable. Shortness of breath and/or chest discomfort are signs of excessive exercise, which should be stopped, and your physician should be consulted.
4. When you are idle (watching TV, etc.), pace the floor, do leg lifts and arm exercises (raise small weights, books or food cans) and sit-ups, chew gum, etc.

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Comments:

Excessive body weight is an epidemic in prosperous nations such as the United States. It is a major contributing factor to poor health, fatigue and emotional suffering. Before you embark on a weight-reduction program, you should consult your physician. A thorough evaluation may reveal important medical or emotional causes for weight problems, and it will alert you to your safety limitations regarding exercise. If you need – and want – to lose weight, you must accept three facts:

1. Weight reduction (even when it is essential for good health) goes against your body's ancient survival instincts to prepare for the next famine.
2. As your body gets older, it needs less food.
3. If you continue with your present eating and activity lifestyles (i.e., if you won't change), you won't lose any weight.

Fad diets and other heavily promoted programs that promise easy, dramatic, quick weight loss are generally unsustainable for metabolic and psychological reasons. However, a one- to two-pound-per-week reduction can be sustainable and could result in a very desirable weight loss in a few months.