

# “Finally...I can breathe easy again!”



For years, Diana Packard's inability to breathe through her nose left her exhausted and struggling with sleep apnea...until a state-of-the-art and noninvasive procedure changed everything!

**D**iana Packard looked at the clock and groaned. *It's only 2 PM and I want to lie down!* she despaired.

At 64 years old, Diana was so exhausted that every day felt like a battle.

*I can't go on like this,* she thought, desperate for answers. For as long as Diana could remember, she had struggled to breathe through her nose, which she knew contributed to her tiredness, leaving her unable to get rest even when she did sleep. So when doctors diagnosed her with sleep apnea—a sleep disorder in which breathing repeatedly starts and stops—and she began using a CPAP machine, Diana was hopeful it would solve her chronic fatigue.

When it did not, and the breathing strips her doctors recommended also failed, she had no idea where to turn. But one day, after a chance trip to the dentist revealed

that Diana's nasal passageways were narrow, she made an appointment with her doctor that changed everything.

### The 30-minute cure

As it turned out, Diana was suffering from nasal airway obstruction, a narrowing or blockage of the nasal airways that leads to trouble breathing through the nose, congestion or a “blocked” feeling, trouble breathing during exercise and, most important, mouth-breathing that leads to sleep issues like snoring and sleep apnea.

“The causes are often a structural abnormality, like a deviated septum or inflammation that swells the passages,” her doctor explained, “but the good news is, now it can be corrected without surgery.”

He went on to tell Diana about an outpatient procedure called VivAer, which was covered by her insurance and was minimally invasive. After numbing her nostrils,

her doctor would insert a small wand inside, which would emit a low-temperature frequency to slowly heat and shrink the tissue and reshape the cartilage of the nose, opening up the nasal passageway.

“That doesn't sound so bad,” Diana answered, feeling hopeful. “Let's do it!”

During and after the 30-minute in-office procedure, Diana experienced minimal discomfort, and best of all, she could even tell during the treatment that she was *already* beginning to breathe better.

Afterward, Diana needed no downtime, with only minor swelling and stuffiness. And once that died down, she was happy to find that within the first week, she was finally breathing clearer—she even went for a walk and could smell the pine.

“I can't believe how much better I feel today!” Diana says. “I'm able to exercise, walk up hills and, most important, I sleep better than ever now that my nasal passages are clear. I have a lot more energy and no longer want to go to bed at 2 o'clock. I feel fantastic!” —Katie Smith

**“It's an in-and-out procedure, and patients see significant improvement”**

—William D. Yao, M.D.

## 3 natural ways to quickly open up nasal passages



✔ **Spritz with this:** Purified Dead Sea salt dissolved in water sprayed into each nostril decreases the inflammation that makes it hard to breathe. Otolaryngologist Scott Cordray, D.O., credits the salt's magnesium and potassium for the benefit.

✔ **Try a cinnamon steam:** Filling your slow cooker two-thirds with water, then stirring in 1 Tbs. of cinnamon and setting the appliance to low with the lid off can open nasal passages for easier breathing, while the steam helps ease congestion.

✔ **Massage here:** A gentle facial rub stimulates the sinuses to clear congestion fast, says Naresh Rao, D.O. To do: Massage between the eyebrows in a light stroking motion; move toward the temples and glide thumbs from the bridge of the nose down to the cheeks.