



DR. KERNER PERFORMS BALLOON SINUPLASTY

By Beth Cone Kramer
Photography by Marvin Steindler

In the past seven years, Dr. Marc Kerner, MD, FACS, Medical Director of the Calwest Head & Neck Surgical Institute, has performed over 300 balloon sinuplasty procedures in the Westlake Village and Northridge offices. He is one of the few doctors in the United States able to perform this technologically advanced procedure.

Balloon sinuplasty (BSP) is a safe, effective procedure for chronic sinusitis patients and others. The procedure uses a small, flexible balloon catheter to open blocked sinus passageways to allow for the drainage of mucus that builds up in patients with chronic sinusitis. With BSP, there is no surgical cutting of nasal bone or tissue. Although recovery time varies, most patients can return to work and normal activities within two days.

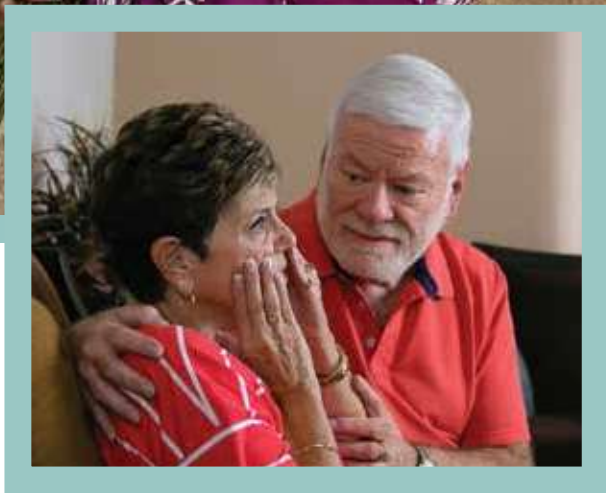
"This procedure is great for people with bad allergies who do not have bad septum deviation or nasal polyps but who suffer from stuffiness and post-nasal drip but who do not respond well to medical therapy," says Dr. Kerner. "These patients do not necessarily need aggressive surgery. This allows us to treat a very large group of people who don't fall into cases of those who do better with medicine or who don't but who have some anatomical basis requiring more aggressive treatment."

Dr. Kerner adds, "In the seven years since I started performing this procedure, the results have been amazing. During the latest two-year, widespread tracking study, only three patients out of 100 needed retreatment." One of about 850 double board certified surgeons in the U.S. by the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology,

Head and Neck Surgery, Dr. Kerner says, "I was one of the early adopters in terms of technology. I helped develop a lighted tracking device so x-rays were not needed."

During the minimally invasive procedure, with the area numbed, the patient may feel some pressure that lasts a few seconds each time, with five seconds being the longest. Once the procedure is done, says the doctor, there is no discomfort at all. The patient is able to breathe much better. Patients are advised against heavy lifting or exercise for one day. Afterwards, irrigation with saline solution is advised.

The technology for this procedure was adopted from angioplasty, in which small balloon catheters are threaded into either a blood vessel, as in angioplasty, or into the small sinus openings, dilating them and preventing them from the blockage that occurs with infections and allergy.



For Hundreds of Satisfied Patients

Patient, Judy Lucove, is enthusiastic about her results. "My sinuses were always blocked. I had sinus headaches and no drainage. I snored," she says.

The Calabasas resident had tried everything, from allergy pills to rhinoplasty and nothing had worked. When she had a cough that would not go away, she was treated by an inhalation therapist who couldn't stop the coughing so he sent her to Dr. Kerner.

"Within three minutes, he knew I had acid reflux, which made me cough," she says. "We started an elimination diet and some medication. My cough went away but I still had sinus headaches." Following a CT exam, Dr. Kerner saw bone spurs and blockages in her sinuses that were preventing anything from getting out of her sinuses. He did the balloon sinuplasty procedure and immediately, her

sinuses were draining and she could breathe. "My husband is happy that I don't snore anymore!" she says. "That's one of the best benefits. I don't get poked in the middle of the night to turn over because I can breathe! I haven't had a sinus infection since, and I'm a happy camper!"

About Calwest Head & Neck Surgical Institute:

Calwest Head & Neck Surgical Institute is the premiere center for comprehensive head and neck surgical problems in Los Angeles and Southern California. With offices in Westlake Village and Northridge, the institute's surgeons are all board certified and members of the American College of Surgeons, treating patients for a wide variety of ear, nose and throat disorders with the highest level of surgical care in head and neck surgery, facial plastic surgery, spine surgery and

pain management, as well as balloon sinuplasty. The offices offer outpatient surgery and in-office CT scanning.

Dr. Marc Kerner, MD, FACS, medical director of the Institute, has published many articles and developed a number of cutting-edge surgical techniques and instruments. He lectures throughout the U.S. and the world and is a clinical professor of surgery at Geffen-UCLA School of Medicine, as well as being an adjunct professor of communication sciences at California State University, Northridge. ■

Westlake Village Office:
696 Hampshire Rd., #110
Westlake Village, CA 91361
818.349.0600

San Fernando Valley Office:
18350 Roscoe Bl., #318
Northridge, CA 91325
818.349.0600
calwestent.com