# ENT Conditions We Treat

## Complete ENT Care for Every Condition

From common ear infections to complex conditions, we provide expert diagnosis and treatment for all ages. Dr Thomas Nguyen treats all ear, nose, and throat conditions in children and adults, with special training in children's ENT care and sinus surgery for patients in Southwest Sydney and Forster.

**Medical Note:** This information is for educational purposes only and does not replace professional medical advice. Always consult with Dr Nguyen or another qualified physician about your specific medical situation.

## Explore Specific ENT Conditions

This page provides an overview of the conditions we treat. For detailed information, please select a specific condition from the list below.

* **Paediatric Sleep Apnoea**
* **Obstructive Sleep Apnoea (OSA) in Adults**
* **Recurrent Tonsillitis**
* **Chronic Sinusitis**
* **Rhinitis (Allergic and Non-Allergic)**
* **Throat and Voice Conditions**
* **Allergies**
* **Exostoses (Surfer's Ear)**

## Which Symptoms Point to Which Condition?

Persistent symptoms can be confusing. This guide can help you understand which area of ENT care might be most relevant to what you or your child are experiencing.

* **If you are concerned about loud snoring, breathing pauses during sleep, or daytime tiredness**, it could be related to **Sleep and Breathing Conditions**.
* **If you are experiencing persistent congestion, facial pressure, or a reduced sense of smell**, it could be related to **Sinus and Nose Conditions**.
* **If you have frequent sore throats, difficulty swallowing, or persistent voice changes**, it could be related to **Throat and Voice Conditions**.
* **If you are worried about recurring ear infections, hearing difficulties, or ear pain**, it could be related to **Ear and Hearing Conditions**.

## An Overview of Conditions We Treat

### Sleep and Breathing Problems

For when sleep and breathing issues affect your family's quality of life.

* **Paediatric Sleep Apnoea:** Specialised evaluation and care for children's sleep-disordered breathing.
* **Adult Sleep Apnoea:** Complete assessment and treatment options for adults.
* **Child Snoring:** Investigating causes from simple snoring to more serious breathing problems.
* **Common Signs:** Loud snoring, restless sleep, daytime tiredness, and behavioural changes.

### Sinus and Nose Problems

For the frustration of long-lasting congestion and sinus pressure that will not go away.

* **Chronic Sinusitis:** Modern diagnostic testing and effective treatment approaches.
* **Rhinitis (Allergic and Non-Allergic):** Comprehensive allergy testing and management plans.
* **Allergies:** Identifying and treating the environmental triggers and root causes of your symptoms.
* **Common Signs:** Constant congestion, facial pressure, thick nasal discharge, and a reduced sense of smell or taste.

### Ear and Hearing Problems

For the worry of recurring ear infections and hearing concerns.

* **Frequent Ear Infections:** Complete testing and developing plans for prevention.
* **Glue Ear (Fluid in the Ear):** Offering both non-surgical and surgical treatment choices.
* **Hearing Loss:** Comprehensive testing and treatment options.
* **Surfer's Ear (Exostoses):** Specialised care for bony ear canal growths, particularly for water sports athletes and surfers
* **Common Signs:** Frequent ear infections, hearing problems, ear pain, or discharge from the ear.

### Throat, Voice and Swallowing Conditions

For when throat problems affect speaking, swallowing, or general comfort.

* **Frequent Tonsillitis:** Providing a full range of options from medical management to surgery.
* **Voice Problems and Hoarseness:** Advanced care including endoscopic evaluation.
* **Vocal Cord Lesions:** Microsurgical treatment for polyps, cancer biopies, and cysts on the vocal cords.
* **Common Signs:** Persistent hoarseness, frequent sore throats, voice changes, or difficulty swallowing.

### Complex and Specialised Conditions

For when standard treatments have not provided the relief you need.

* **Anterior Skull Base Pathology:** Specialised surgical expertise for complex conditions affecting the area between the sinuses, brain, and eyes.
* **Complex Sinus Disease:** Utilising advanced endoscopic techniques for the most challenging cases.
* **Paediatric ENT Complications:** Expert management of complex or persistent conditions in children.
* **When to consider specialist care:** If you have had previous treatment failures or have been advised you may need complex surgery.

## How Will My Condition Be Assessed?

Dr Nguyen's thorough and methodical approach ensures you get an accurate diagnosis and a clear path forward.

* **Detailed Discussion:** We will take the time to listen and discuss your symptoms, medical history, and concerns.
* **Physical Examination:** A comprehensive ENT assessment will be performed using specialised equipment.
* **Clear Explanation:** We will explain our findings and what they mean for you in plain, easy-to-understand terms.
* **Treatment Options:** All available approaches, from conservative to surgical, will be discussed in detail.
* **A Clear Plan:** You will leave with clear next steps and realistic timelines for your care.

Our clinic is equipped with specialised diagnostic tools, including

**Flexible Nasal Endoscopy** for detailed sinus visualisation and **Paediatric-Specific Techniques** to ensure our youngest patients are comfortable. Microscope evaluation of your ears. Photo and video documentation.

## Why Choose Dr Nguyen?

* **Australian and International Expertise** Dr Nguyen is a fully qualified Australian ENT Specialist with extensive general expertise. He also completed advanced fellowship training in Rhinology (sinus surgery) and skull base surgery at McMaster's University in Canada.
* **Focus on Children's Care** His subspecialty focus in Paediatric ENT ensures your child receives specialised, compassionate care.
* **You Will Understand Your Condition in Plain English** We take the time to provide clear explanations, ensuring you have a full understanding of your diagnosis.
* **You Are a Partner in Your Treatment Plan** All treatment options are discussed thoroughly so you can make informed and confident decisions about your health.
* **Audited Safety and Quality** Our practice is committed to the highest standards, with regularly audited outcomes and published safety records.

## Ready to Address Your ENT Condition?

Don't let persistent ENT symptoms affect your quality of life. Whether you are concerned about your child's health or need a specialist opinion, Dr Nguyen provides expert assessment and treatment for all ENT conditions.

**[Book Your Consultation]**