



The Philippine Society
of Otolaryngology -
Head and Neck Surgery



The Academy for
Head and Neck Oncology
of the Philippines



The International Federation
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Office-Based Surgery for the Nasal Cavity

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Office-based Surgery for the Nasal Cavity

Obstructive sleep apnea continues to be a most bothersome sleep disorder that affects a large number of our population and carries complications that range from medical to financial and even social. Current studies still have continuous positive airway pressure (CPAP) as the gold standard for treatment; however, there are also recent studies that point towards shifting a person from being a mouth breather while asleep to a nose breather. Being an otorhinolaryngologist, this is our area of expertise. It is getting increasingly clear that if we can revert our OSA patients back to being nasal breathers, there will be significant improvements of symptoms our patients will definitely benefit from.