

Nose(y) News



... FOR THOSE WHO ARE ALSO NOSEY ?

Sinus Care in San Francisco



California Sinus Centers newest location in San Francisco

Dr. Karen Fong is now seeing patients at our newest location in downtown San Francisco. The office, located at 490 Post Street, is conveniently located in the heart of Union Square at the corner of Post Street and Mason Street.

In addition to Dr. Fong, the team at the San Francisco office includes Sandy, Rosena, Elena, and Drs. David Clark and Ivor Emanuel, who will help make your experience as smooth as possible.

Services provided at the San Francisco location include a full nasal/sinus evaluation, including nasal endoscopy, when necessary. Endoscopically guided sinus cultures can be obtained to help guide antibiotic therapy. For patients who have been seen at our other locations, your records will be conven-

iently accessible through our electronic records system.

Dr. Fong is on medical staff at St. Francis Hospital and the San Francisco Surgery Center.

California Sinus Centers - San Francisco
490 Post Street
Suite 1230
San Francisco, CA 94102

For appointments call:
(415) 200-1049 or online at
www.calsinus.com

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New sinus provider!

California Sinus Centers and Institute is happy to announce the addition of a new staff member and provider.

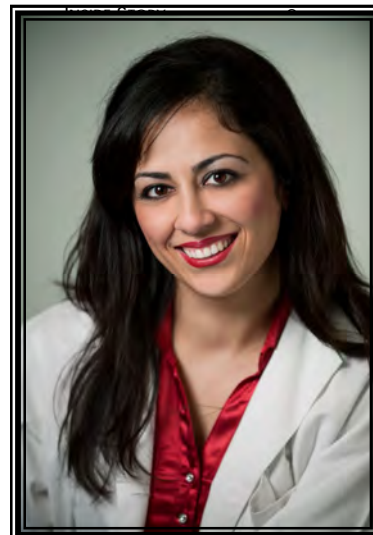
In September, Sherry Derakhshandeh, PA-C joined our team of providers in our Walnut Creek and Atherton offices as a Physician's Assistant. Sherry is a graduate of UC-Davis and

Stanford. She has been practicing as a Physician's Assistant in the Bay Area since 2005, and has extensive experience working with ENTs and their patients.

Sherry facilitates Dr. Vaughan's clinics in [Atherton](#), and sees patients in [Walnut Creek](#) on Tuesdays and the first and third Wednesdays of the month.

She adds a wealth of knowledge and compassion to the team, and we're happy to have her as part of California Sinus Centers.

To request an appointment with Sherry, please call our Walnut Creek office at (925) 300-4680.



Nose(y) News

Educating others...

We are once again having our Advanced Techniques in Endoscopic Sinus Surgery Course in 2011.

This course is a comprehensive three day (optional 4th day) continuing medical education program in rhinology and sinus surgery for practicing otolaryngologists with exposure to endoscopic sinus surgery.



This conference features didactic instruction from expert national and international faculty, a live surgery demonstration, and individual hands-on cadaver lab dissection with powered instrumentation.

Reviews from our course last year were some of the best we have had since the annual course started over 10 years ago.

Halloween in Atherton



Tweedle Dee and Tweedle Dum!

Every year we get the chance to go crazy for a day at work (well some days it feels like we are always going crazy ?)

Last year we had a disco motif. This year for Halloween—we were “Alice in Wonderland”.

All staff members and some of our patients came ready to laugh. Other neighboring offices also dressed up and so the building was filled with laughter too.

Next year, we are not sure what we are going to do - send us your suggestions ??



New Products/Treatments



As our patient you know: When you have sinus problems, we work with you to find the best therapy. Many of you have tried different sinus rinse solutions through the years such as baby shampoo. In the past month, a new product was released called SinuSurf™ Surfactant to

replace shampoo for some patients. Here’s what the product literature says:

“SinuSurf™ is an easy to use water soluble product that facilitates deeper cleansing and helps remove excess mucus & dried crusts out of nasal passages when mixed with a buffered saline solution.”

It should help to facilitate the removal of mucus and post-nasal drainage in addition to cleansing the nasal and sinus passages.

It is available from NeilMed through their website: www.neilmed.com or by call-

Patient Corner ...where you tell us what to write about..

Mr. H suffered from chronic sinus infections for years. He was plagued by constant thick nasal drainage, itching eyes, loss of sense of smell, and severe nasal obstruction.

These symptoms significantly affected his daily life, leaving him fatigued and unable to enjoy activities he loved, such as tennis.

Even dinner proved to be socially challenging when he discovered one evening that leaning forward resulted in

the extrusion of large polyps from his nose.

Mr. H had tried over-the-counter remedies with no relief. He was evaluated in our office and found to have extensive polyps filling his nose (Figure 1).

Discussion of treatment included initiation of medical therapy, with the likely understanding that he would eventually require surgery to remove the polyps and create a pathway for the delivery of

topical medications, the mainstay of treatment.

Post-operatively, after only a few short weeks he was enjoying his hobbies with increased energy and near complete resolution of his symptoms.

He may not be “cured” from his sinus polyps, but he is on the road to maintaining a substantial reduction in his symptoms and significantly improving the quality of his life.



Figure 1: Nasal polyps filling the nasal cavity, note the suction to the left and nasal hair to the right.

Have an idea for this section? Let us know.

Yes or no to alternative treatments?

In an article in the October issue of ENT Today, alternative and homeopathic treatments for sinus conditions were highlighted as a topic impacting patient care.

It mentioned a recent study in the *Archives of Otolaryngology-Head and Neck Surgery* on the use of the over-the-counter homeopathic nasal zinc gel and spray which “can and does cause anosmia” (loss of sense of smell).

In June 2009, the US Food and Drug Administration (FDA) had warned consumers to stop using and discard three zinc-containing intranasal products as they may cause a loss of sense of smell.

The study authors felt that there needed to be increased FDA scrutiny and oversight of homeopathic medicines.

Dr. Karen Fong was interviewed and warned us that over-the-counter products and homeopathic therapies “don’t need to go through the same rigors and trials other treatments need to go through” and that “just because it’s over-the-counter doesn’t mean it doesn’t have any issues” or possible safety concerns.

When using these medications, there are many unknowns in their usefulness, side effects, and interactions with current medications. Many times, we have to honestly say “I don’t know” if something will or will not work. This is because side effects and negative outcomes of these treatments are not reported to the FDA.

In relation to the common cold, an illness which is self-limiting in nature, it is

unknown whether or not there is a measurable impact on recovery from many therapies including Echinacea, vitamin C and nasal irrigations.

There is a role for alternative and homeopathic treatments in medicine, as Dr. Michael Stewart from Weill Cornell Medical College, stated “the reality is there’s a lot about what we do that is not ‘scientifically proven’.”

Therefore, it is important to ask questions, educate yourself, and let all your providers know which treatments/medications you are taking.

ALTERNATIVE THERAPIES... “DON’T NEED TO GO THROUGH THE SAME RIGORS AND TRIALS OTHER TREATMENTS NEED TO GO THROUGH”

DR. KAREN FONG



Your California Sinus Centers' Nose(y) News wishes you "Happy New Year!"

Atherton

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Atherton, CA 94027
650-399-4630

San Francisco

490 Post Street, Suite 1230
San Francisco, CA 94102
415-200-1049

Walnut Creek

2123 Ygnacio Valley Road
Bldg. K, Suite 100
Walnut Creek, CA 94598

Sacramento

1111 Exposition Blvd.
Bldg. 700
Sacramento, CA 95815
916-736-3399

Other sites and meetings . . .

Academy Update



The annual meeting of the American Academy of Otolaryngology was held in historic Boston in late September. ENT doctors converged from all over the World to learn new techniques, hear cutting edge research, network with colleagues, and even enjoy some national heritage in the birthplace of freedom.

At the American Rhinologic Society meetings in Boston, Dr. Karen Fong (Walnut Creek and S.F. Centers) was honored as an outgoing board member. She was intimately associated with the planning and organization of the Scientific Section of the meeting. Dr. Fong served multiple roles and will continue her service to the leading organization involved with nose / sinus care.

Other California Sinus Centers providers were at the scientific meeting also. Drs. Alex Stewart and Winston Vaughan's research and data on the disparity of radiation dos-

ing with CT scanning methods between institutions was presented. The data demonstrated a significant reduction in radiation exposure with our in-office CT scanning versus larger hospital-based scanners.

Drs. Vaughan and Fong also lead instructional courses continuing their commitment to our specialty, through the education of fellow clinicians with their expertise. We also meet with instrument companies, past fellows and other sinus surgeons.

We will now be getting ready for next year's meeting - in our very own San Francisco in September 2011. Dr. Clark will be leading our research efforts over the next year to prepare our data for presentation in SF.



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