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**PHARYNX TISSUE-SAVING METHODS  
IN TREATMENT OF RHONCHOPATY AND SLEEP APNEA  
IN ELDERLY PATIENTS**

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Snoring and sleep apnea cause not only discomfort, but reduction of vital activity, sleeplessness during the day, as well as development of grave and dangerous complications. Surgical interventions successfully performed on the patients of early and middle age (uvulopalatopharyngoplasty, tonsillectomy, resection of the nasal septum) are rather traumatic for the elderly people.

Lately, the surgeons using the radiosurgical unit Ellman Surgitron have offered a number of conservative surgeries of pharynx, aiming at its reduction and gentle cicatrization.

For this surgery we used the sub-mucosal UPP electrode. The operation is performed in the out-patient clinic, using the local infiltration anesthesia (preferably, with the solution of ultracain and lidocain). 2-4 ml of anesthetics are injected directly into the zone of the radiowave application. The operation is performed on the hypertrophied or loose soft palate, enlarged tonsils, hypertrophied lingual tonsils and the massive root of the tongue.

The needle of the electrode is inserted in the tissue for 10-20 seconds, depending on the tissue structure and depth in the “Coagulation” mode. As a result, there appears a zone of soft necrosis which later transforms to a gentle cicatrix reducing the size of the lesions of the soft and lymphoid tissues.

The patients suffer minor pains during swallowing for the first 3 to 4 days, and then for 4 to 5 more days they feel only minor discomfort in the operational site. With pharyngoscope we can observe the edema of the soft palate, tonsils, root of the tongue without furring, temperature rising or intoxication. It is necessary to point out that this procedure can be performed both on the soft palate (or tonsil) only and, on all the above-mentioned organs in complex.

The recovery period usually lasts for 7 to 10 days. After that the patients stop complaining about the discomfort in the throat. But the diminishing of snoring and number of apnea can be observed in 4 to 6 weeks.

As a result of this operation the space of the fauces and the oropharyngeal zone get enlarged, the soft palate becomes more elastic and pulls up, falling back of the root of the tongue during the sleep is minimized.

The advantages of this method over the traditional ones are: less trauma, the possibility of ambulatory treatment, easy post-op period and high effectiveness – about 70 per cent. If the procedure fails (there is no result), it is possible to repeat the operation in 3 to 6 months.