

Good Night

Dr. David Volpi of Manhattan Snoring & Sleep Center on Central Park West offers individualized treatment to ensure a restful slumber

With 20 years of experience as an ear, nose and throat doctor, premier Manhattan physician Dr. David Volpi opened Manhattan Snoring & Sleep Center on Central Park West a year and a half ago. "I wanted to offer patients one place where they could be evaluated completely for snoring and/or sleep apnea," he explains, "and then be offered multiple different treatment options that address the whole person." Here, Dr. Volpi discusses the Center's approach to comprehensive care, describes warning signs everyone should be aware of and dispels some common myths about what sleep disorders really indicate in terms of overall health.

What distinguishes the Center's approach from that of others?

Dr. Volpi: All too often what I heard from patients was that they'd go to their doctor with a complaint of snoring or sleep apnea and they'd send them for a sleep study and tell them to loose weight. I think what distinguishes the Manhattan Snoring & Sleep Center from a lot of other places is that we try to completely evaluate the patients and determine the exact cause of their problem and then come up with some treatment options that range from non-surgical to surgical. We try not to just tell someone one thing and then let them go away without really comprehensively trying to come up with a solution to their problem.

What types of treatment do you offer?

Dr. Volpi: The treatment we offer ranges from minimally invasive office procedures—including a procedure called the Pillar Procedure, which is for snoring and

sleep apnea—to more comprehensive hospital procedures, including nasal and oral surgeries.

What are some warning signs that might indicate a sleeping disorder?

Dr. Volpi: One of the obvious ones is that if someone complains about their loud snoring, but other problems associated with sleep apnea are chronic fatigue or daytime fatigue. Morning headaches, lack of concentration and decrease in libido are all common symptoms.

What can someone seeking help with their sleeping issues expect from an experience at Manhattan Snoring & Sleep Center?

Dr. Volpi: The first thing they can expect is a complete history and physical examination to determine exactly what their problem may or may not be, and after that the



appropriate testing to pinpoint the diagnosis would be recommended to the patient, which can range from a consultation with another sleep professional to a sleep study. It may include an evaluation of the nose and sinuses with a CAT scan to determine if their airways are obstructed. Those are the initial evaluations to determine what's going on with the patient.

What's a common myth about sleep disorders?

Dr. Volpi: The biggest myth that I've always found is when patients say: 'Well it's not affecting me.' Life insurance companies place patients with sleep apnea in similar categories as two-pack-a-day smokers because their life expectancy is 5-to-10 years less than patients without sleep apnea. The incidents of heart disease, hypertension and stroke are significantly higher in patients with untreated sleep apnea. The myth is that it doesn't really affect your life—but it affects your longevity. ♦

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