

HAGERSTOWN, MD, October 13, 2013 **/24-7PressRelease/** -- A good night's sleep is critical to a patient's mental and physical health. At Central ENT Consultants, P.C., Dr. Kirby Scott will work with each patient to comprehensively diagnose and treat sleep apnea in Hagerstown. By properly diagnosing and treating patients in Hagerstown with sleep apnea, Dr. Scott can help him or her get the quality sleep they need to remain healthy and active.

As an ENT in Hagerstown and Frederick, Dr. Kirby Scott is uniquely qualified to evaluate the entire upper airway and to offer a full array of surgical and non-surgical treatment options. Patients who suffer from snoring or sleep disorders should contact Dr. Scott of Central ENT Consultants, P.C. to schedule an appointment for proper diagnosis and treatment planning of sleep apnea in Hagerstown. With an appointment, patients will be on their way to a better night's sleep.

"Snoring and sleep apnea might cause you to be the receiver of nightly jabs in the ribs and grumblings from your bed partner. Friends and family members can also offer their own set of complaints and uncomplimentary remarks when it comes to snoring. However, snoring can be the first sign of sleep apnea, which is a significant health problem for you," said Dr. Kirby Scott about sleep apnea in Hagerstown and Frederick.

Obstructive sleep apnea is defined as a reduction or cessation of breathing during sleep due to blockage of the nose and/or throat. When this occurs, it can cause a decrease in oxygen in the blood and disruptions in sleep in which the body attempts to restart breathing. Besides snoring, patients may stop breathing, gasp or snort in their sleep, wake up tired after a full night's sleep, experience morning headaches, have problems with memory or concentration, and feel irritable. Sleep apnea can also lead to the development of high blood pressure, diabetes, coronary artery disease, and stroke.

Treatments for sleep apnea in Hagerstown and Frederick include non-surgical and surgical approaches. Some non-surgical approaches include lifestyle changes, oral appliances, and Continuous Positive Airway Pressure (CPAP) treatment. Changing a few habits may be all a patient needs to stop snoring and prevent mild sleep apnea. Even if further treatment is needed, these changes are a good place to start.

"Sleeping on your side may help reduce the blockage caused by gravity pulling relaxed throat tissue down. Losing weight can also help as excess fat deposits in the neck make the structures in your throat more bulky and floppy. Regardless, it is important to utilize non-surgical techniques and changes in your routine to help improve your symptoms," said Dr. Scott, a Frederick and Hagerstown ENT.

When non-surgical treatment doesn't yield the results needed to improve sleep apnea in Hagerstown, Dr. Kirby Scott might recommend surgery. The goal of surgery is to widen the air passages in the nose and the throat. Dr. Scott will determine the best treatment for patients in Hagerstown with sleep apnea-whether it is non-surgical or surgical.

For more information on sleep apnea and Central ENT Consultants, P.C., patients can visit <http://www.centralentconsultants.com/>

About Central ENT Consultants, P.C: Central ENT Consultants, P.C. is made up of a team of professionals, including Drs. Kirby Scott and Charles Supernavage. Together, Drs. Scott and Supernavage work to provide the best quality healthcare in a responsive and caring environment. Dr. Kirby Scott completed his medical degree from the Philadelphia College of Osteopathic Medicine. Dr. Scott also completed his residency at the University of California, Davis, East Bay Program and the Naval Medical Center in Portsmouth, VA. Dr. Charles Supernavage received his medical degree from the University of Brussels Medical School in Brussels, Belgium. He completed an internship at Hospitals of Brussels in Brussels, Belgium, and his residency for general surgery at Hahnemann Medical College in Philadelphia, PA and his residency for Otolaryngology at the University of Virginia in Charlottesville, VA. Drs. Scott and Supernavage are both Board Certified in Otolaryngology. Additionally, Central ENT Consultants, P.C. has another office in Frederick, MD. At this satellite location, Dr. Gerald Reed works to provide patients with superior ear, nose and throat care.

Media Contact:Dr. Kirby Scott contactus@centralentconsultants.com 1800 Dual Highway, Suite 303Hagerstown, MD 21740(301) 739-0400

Frederick Office27 West 7th StreetFrederick, MD 21701(301) 694-9111 <http://www.centralentconsultants.com>

As seen on: <http://www.epressdistribution.com/news.asp?id=2958>

Read more Press Releases from Dr. Kirby Scott: