



Houston ENT Doctor Appears On Local News

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The Houston, Texas based allergist Pasha Snoring & Sinus Center is celebrating the recent appearance of Dr. Raza Pasha on the local news. Dr. Raza Pasha went on Great Day Plus Houston to share information about sleep apnea and the consequences of this condition.

In a discussion with the host of the show, Dr. Raza Pasha, Lead Otolaryngologist at the Pasha Snoring & Sinus Center, said, "As you know, sleep apnea is a condition where you literally stop breathing at night. It can be deadly and it has serious consequences. First of all, you wake up tired, so when you have sleep apnea you don't have good quality sleep. What happens is you stop breathing at night; your oxygen level goes down and then you start to gasp. It's not a snore? it's a gasp, because you're suffocating to death."

As Dr. Pasha explains, sleep apnea can sometimes lead to death by suffocation. It causes a host of lesser negative effects as well, such as decreased oxygen in the patient's body, shortness of breath, strain on the lungs, high blood pressure, and more. Sleep apnea can also be the direct cause of various heart and lung diseases.

Dr. Pasha also explained how sleep apnea may be detected and treated. "One of the tests that we do,

among many, is to get what's called a standard sleep study. That's when you use a little device to measure the patients' sleeping at night. At our clinic, we send the device to them. Sometimes you have to go to a center but, in most cases, you can now do it at home.

According to Dr. Pasha, one of the methods to deal with sleep apnea is to use a CPAP machine. As he put it, once the doctors have determined the cause of the sleep apnea and know the severity of it, they may recommend that the patient use a CPAP machine. CPAP ? which stands for ?continuous positive airway pressure? ? is a positive airway pressure ventilator and it applies mild air pressure on a continuous basis to the patients' airways. This helps people who can breathe spontaneously on their own, but need help keeping the airway open.

However, Dr. Pasha also suggests that behavioural modification exercises, or even surgery, can help in certain situations. Justin, a patient who had recently undergone reconstruction surgery to help with his sleep apnea issues, said, ?I was having problems sleeping. Not getting a full night's rest of sleep and waking up not refreshed. Snoring a lot and disturbing my significant other.? He then decided to visit Dr. Pasha and have the surgery done. He explained his experience following the procedure, saying, ?Now I feel much more refreshed in the mornings. I'm getting a full night's worth of sleep and I have many fewer allergies. It was definitely worthwhile to visit Dr. Pasha. He knows what he's talking about and helps explain it all and helps you understand it.?

Dr. Pasha added, ?Anybody who has significant snoring or has stopped breathing at night should consider coming in, for sure, especially if you have a history of high blood pressure, diabetes or a history of heart conditions. Sleep apnea, as you know, can be quite deadly, and it's important that we work these things out early.?

Dr. Pasha's expertise on the matter is backed up by a number of other patients. On Google, the clinic is rated 4.7/5. In a recent five star review, Tan Nguyen says, ?Dr Pasha, Sunny, and their entire staff were exceptional throughout the entire process. My father in law needed a c-pap machine because of his sleep apnea and they fixed him right up! He is having the best sleep of his life. Thank you, guys!?

In another review, Pablo Rubio says, ?Very caring doctor, PA, and staff. Amazing bedside manner and knowledge. I had my sleeping machine updated and it feels as if I had been driving a 98 Ford Focus and switch to a 2019 Mercedes Benz model.?

Those who want to learn more about Pasha Snoring & Sinus Center and the variety of services and treatments they provide can find more information on their website. Interested parties are also encouraged to

get in touch with Dr. Raza Pasha for further details. In addition to their website, Pasha Snoring & Sinus Center maintains a page on Facebook, where they post updates, share helpful information, and communicate with their patients.

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For more information about Pasha Snoring & Sinus Center, contact the company here: Pasha Snoring & Sinus Center Dr. Raza Pasha 281.920.5558 info@breathefreely.com 2615 Southwest Fwy Suite 290, Houston, TX 77098

Pasha Snoring & Sinus Center

Our centers provide sinus, snoring, and allergy solutions ? not remedies. We take an holistic approach with our patients, taking the time to understand their lifestyle in order to find the source of the problem, because each patient is unique.

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