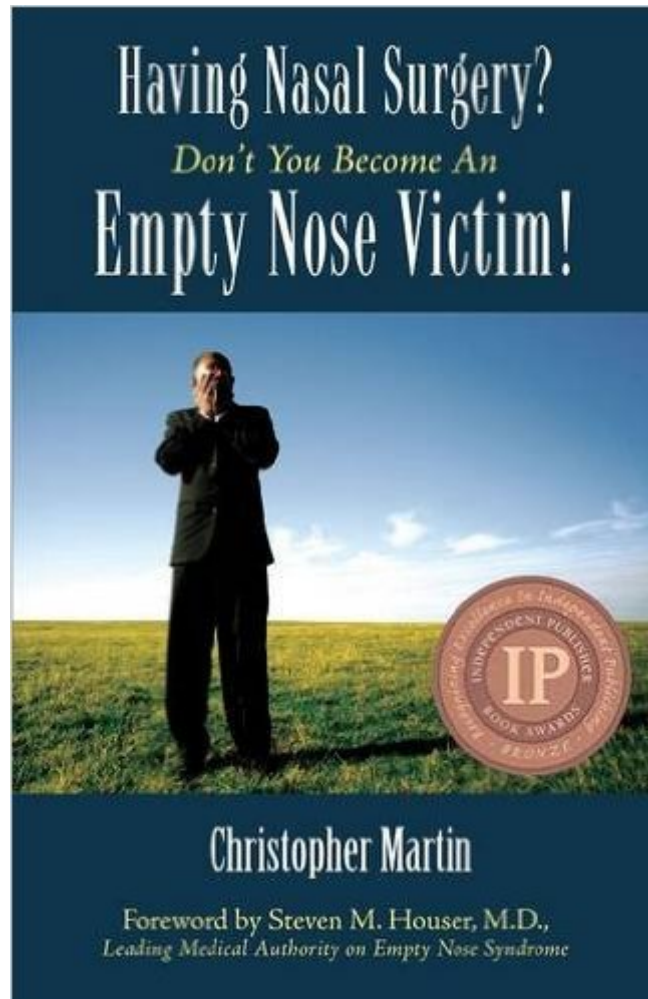


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# Having Nasal Surgery? Don't You Become An Empty Nose Victim!



## Synopsis

Have you had nasal surgery, but now find yourself worse off than before? If so, you might be one of millions who suffer from a serious medical condition known as empty nose syndrome, or ENS--a complication of surgery. Symptoms of ENS include shortness of breath (despite a wide open nose), nasal dryness, throat irritation, thick, sticky mucus, shallow sleep, and sometimes chronic sinusitis. Many with ENS are depressed. Some have even committed suicide. Endorsed by well-known doctors familiar with ENS, Chris offers a genuine message to the reader and hope for the injured patient through: 1) His personal triumph in coping with ENS. 2) A critique of turbinate surgeries for anyone considering nasal surgery. 3) An inside look at the politics of ENS. 4) Best treatments for ENS, many of which also apply to sinusitis, allergic rhinitis, postnasal drip, GERD, and asthma.

"Chris Martin's book is a must-read for anyone with nasal problems so they, too, can understand ENS and avoid becoming an ENS patient. His up-to-date information can empower the patient to best therapies."--Murray Grossan, M.D., Author of *The Sinus Cure* and inventor of the Grossan Hydro Pulse® Nasal-Sinus Irrigation System "I applaud Chris' attempt to bring this critically important issue to the public's attention. If one person can be saved from the devastation this surgery can cause, he will have performed a great service."--Wellington S. Tichenor, M.D., Creator of award-winning website [www.sinuses.com](http://www.sinuses.com), and wrote the introduction for this book "Chris is addressing a tremendously important issue in otolaryngology. Empty nose syndrome is a real entity that requires further investigation. Although Chris' book is written for the general public, I truly hope my colleagues in ENT will read this book and take it to heart."--Steven M. Houser, M.D., ENT specialist, MetroHealth Medical Center and Cleveland Nasal, Sinus and Sleep Center, assistant professor, Case Western Reserve University, and wrote the foreword for this book

## Book Information

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## Customer Reviews

This is a must read for anyone that has had or is considering sinus surgery! If it has been suggested to you that sinus surgery can correct your problems you absolutely need to read this book and do your research! Complications to sinus surgery can be life-altering and the damage permanent. As a victim of aggressive sinus surgery I can attest that these symptoms are very much real and can alter your reality in ways that I never imagined. I believe a great many ENT's do not fully understand the extreme importance the nose and sinuses play in the quality of life. With good intentions they can often remove too much tissue and bone in effect leaving the nose with the inability to function normally with regards to nasal cycles, moisture control, airflow and the health of the lungs. Chris does a wonderful job in explaining the importance of a healthy nose and sinus and the roles each structure plays in nasal health. If you do not know what a Turbinate is or what it does READ THIS BOOK! Chris has put a lot of time and effort in detailing everything a sinus sufferer should consider before having surgery. Thankfully the ENT field is slowly beginning to understand that a very conservative approach should be applied when doing surgery. Chris explains each option a patient should discuss with the doctor performing the surgery. Each method is reviewed and rated for the possible outcomes and the conservation of important nasal tissue and structures. If you have had sinus surgery done and are having problems Chris has outlined things you can do to help relieve some of the symptoms. For those having ENS type symptoms there are things you can do to help improve your sinus health. Chris describes things that he has personally tried that work and what others have used to find relief.

How would you feel if you went into a surgical procedure to help alleviate a physical problem, only to learn after the surgery is completed that the surgeon created a much more devastating problem than the one you went into surgery to cure, even though the surgeon followed accepted medical practices? In fact you also later find out that over 50% of the people who come down with this artificially created illness meet the definition of clinically depressed, and this is on top of and because of the awful physical anguish which was the result of the initial surgery. And the icing on the cake is that the problems caused in surgery cannot be reversed. The above scenario sounds almost unreal, but this is what happens to victims of ENS, or Empty Nose Syndrome. Anyone who is contemplating sinus surgery should read this book. Also, anyone who has a friend, colleague, or

family member who is facing sinus surgery should urge those people to read this book as well. Christopher Martin has written an important book about ENS. In layman's terms what happens is this: during sinus surgery all or a portion of the turbinates in the nose are extracted. It has been fairly common practice in the past for turbinates to be cut out because they sometimes can block nasal passages. Not much was known about the functions of the turbinates, and it was felt that extracting them wouldn't cause much harm. In fact the term ENS did not even appear until 1994 when Dr. Kern, formerly of the Mayo Clinic, coined the term when he was treating patients complaining about sinus infections and congestion, which was puzzling because their nasal passages were wide open. In fact they appeared to have an empty nose, and thus the term was coined for this condition.

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