



Dear Runners,

Welcome to the LA Marathon training edition of the Osborne Head and Neck Institute (OHNI) - clinical community newsletter. With training sessions in full swing and the marathon approaching, we thought we would update you on what the Institute is doing, but also give you some clinical information to help keep you healthy during your training runs.

FREE ENT RUNNER'S CONSULTATION for any registered member of the 2009 Los Angeles Marathon or any registered member of a Los Angeles area Running Club training for the 2009 LA Marathon.

To make an appointment –
please call 310-657-0123

Visit us on the web at:
www.ohni.org

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Lorraine Smith, M.D., F.A.C.S., Assoc. Director

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Ryan Osborne, M.D., F.A.C.S., Director

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Audiology and Electrophysiology

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Lisa Berliner, M.S.

The **Osborne Head and Neck Institute (OHNI)** is a comprehensive and innovative head and neck surgical practice. The Mission of our practice is to be the premiere referral source for **pediatric and adult patients** in the delivery of subspecialty care of advanced **ear, nose, and throat disorders; head and neck surgical oncology; and plastic and reconstructive surgery** on a national level. Our Mission is accomplished through the delivery of superior individualized patient care, unsurpassed service, and unparalleled surgical excellence. At OHNI, your safety and satisfaction are our top priorities.



OHNI is Pleased to Support Your Run this Year

FREE ENT RUNNER'S CONSULTATION*

For any registered member of the 2009 Los Angeles Marathon or any registered member of a Los Angeles area Running Club training for the 2009 Marathon.

ENT Runners Consultation will provide a free state of the art rhinometric airflow analysis as well as video analysis of nasal passages, septal deviations, mouth breathing, snoring, sleep apnea, sinusitis, hay fever / allergic rhinitis. Ideal timing for an exam is at the onset of any new training session.

*For new patients only. When calling to book an appointment please mention that you are interested in the Free Runners Exam/ Consultation. Upon check-in, documentation of either the 2009 LA Marathon or a local Runners Club registration and a photo ID will be required for the free first time exam.

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Breath Easy: Tips for Safe and Effortless Run



Dr. Hamilton

INSTITUTE NEWS:

- Watch for OHNI at the Mc Donald's Quality of Life Expo February 27th and 28th 2009. Visit our booth for pre race day clinical advice, free runners exams, and fun prizes.
- Dr. Eugene Flaum joined the Institute as the Director of Pediatric Otolaryngology division.
- Dr. Lorraine Smith was recruited to the Institute as the Associate Director of Pediatric Otolaryngology division.
- Dr. Ryan Osborne -
Director of Head and Neck Surgery was inducted into the Triological Society - the most prestigious national Otolaryngology (ENT) academic society.
- Dr. Jason Hamilton -
Director of Facial Plastic Surgery, has been accepted as a Fellow in the most prestigious surgical organization - the American College of Surgeons
- The members of the Institute have lectured & presented research at both national and international meetings including the: American Academy of Otolaryngology (AAO/HNS); American Academy of Facial Plastic Surgery; American Society of Pediatric Otolaryngologists; the Western section of the Triological Society and the Sir Run Run Shaw Hospital outside of Shanghai, China.

- **Get a Check-up** - A routine check-up is good idea before beginning a new exercise routine. If you have a history of breathing difficulty because of allergies/sinusitis, mouth breathing or snoring consider seeing a specialist to maximize system control before the big run
- **Take It Indoors** - If you have a sinus or allergy flare up and just cant miss a workout consider taking it in doors. The gym, although not as stimulating as a great outdoor run exposes you to significantly less irritants and allergens. Hey, you might even meet some new running buddies at the same time.
- **Saline is Your Friend** - The nose functions to filter, humidify, and warm the air we breathe. Southern California air isn't exactly known for its humidity or cleanliness. A swift 5 mile run can put a significant strain on our nose causing excess drying, which can lead to nose bleeds, as well as the build up of allergens and pollutant in our nasal passages, exacerbating allergies. Using nasal saline spray/drops before and after running can help moisturize the nose and rinse away pollutants and allergens deposited in our nose. -Dr. Hamilton-

Allergies: Pollen Count During the LA Marathon

With the constant amount of commitment and motivation needed to enroll, train, and finish a marathon the last thing any runner needs is to be discouraged by the onset of outdoor allergies. Running outside without Mother Nature on your side can put limitations in any runners training program.

Allergic rhinitis commonly known as hay fever or outdoor allergies creates a cluster of uncomfortable, irritable symptoms that can slow down or stop your run. Symptoms include sneezing, wheezing, runny nose, facial irritation, icy watery eyes and swelling. These symptoms are a result of the body's allergic reaction to pollen levels in the air. Exercise can increase the intensity of these symptoms. The faster you move and the faster you breathe outside, the more pollen spores you will become in contact with. This increases the chance of having an allergic reaction, especially if you're already prone to one.

Weather and the specific time of year play a large role in determining what the outdoor pollen count will be for the Los Angeles area. Temperature change, humidity and precipitation all can affect the level of pollen in the air. Hot, dry, windy days increase the amounts of pollen in the air unlike cool, damp, rainy days when most pollen remains low to ground.

Pollen counts are usually the highest to the Los Angeles area in early March. The concentration on pollen in the air is usually the highest between 5 am and 10am. This is not the greatest news for thousands participants that suffer from allergic rhinitis that will be running the LA Marathon on March 1, 2009, starting at 8:15am.

The solution: Prevention and Treatment

Outdoor allergies, with a proper medical evaluation and medication regimen are almost always treatable. We may recommend treatments that include allergy medications such as, nasal steroid sprays, eye drops, non drowsy antihistamine blockers, and saline nasal sprays, among others. The sooner you choose to be evaluated for your outdoor allergies, the faster and more enjoyable your runs will become.

Breathing : One of the Most Important Aspects of Running

One of the most frustrating feelings to any runner in a training program is knowing that you have to energy and endurance to continue to run faster and longer but you find yourself gasping for air. The feeling of your lungs being more out of shape than the rest of your body is suffered my numerous runners and more common than most think.

Breathing is one of the most important aspects of running. When we breath, air enters through the nose or mouth, down the windpipe, into two bronchial tubes and then makes its way in the lungs. When you start to run your muscles require more oxygen to function properly. The lungs then work more rapidly to intake additional oxygen into the body. A runners pace can only be as fast as their breathing will allow.

Breathing seems like it should be considered effortless, but many runners feel like this process seems more similar to a constant effort. There are many reasons why runners may feel out of breath during a training run. The two most common reasons are Allergic Rhinitis (or hay fever) and Exercised Induced Asthma (EIA.) With both these diagnosis the immune system has an allergic reaction to substances commonly found in the outside air, such as pollen or mold particles. Outdoor exercise increases the odds of these reactions because the body is inhaling more air per breath at a higher frequency. Other factors include sinusitis, septal deviations, prior nasal fractures, abuse of over-counter-decongestants, snoring or sleep apnea. All of these conditions are treatable by a ear, nose, and throat, specialist at OHNI.

The faster you're breathing, the greater your running potential becomes. Remember if you don't manage and control your symptoms they will only slow you down.