

Mayo Clinic Medical Edge

Treating Snoring

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IF YOU'VE EVER BEEN BANISHED TO THE COUCH FOR SNORING, YOU'RE NOT ALONE. AROUND HALF OF MEN AND ABOUT ONE IN FOUR WOMEN SNORE.
Eric Olson, M.D. Track 3 (1:45)	"WHEN ALL OF US GO TO SLEEP AT NIGHT THE SOFT TISSUE AROUND OUR THROAT RELAXES AND THERE'S SOME NARROWING THAT OCCURS."
	THAT NARROWING SAYS MAYO CLINIC DR. ERIC OLSON, CAN CREATE TURBULANCE WHEN WE BREATHE, CAUSING THE SOFT TISSUE TO VIBRATE. THE RESULT:

	<p>A SNORE. ALCOHOL, SEDATIVES, EVEN A STUFFY NOSE CAN COMPOUND THE NARROWING. SO CAN EXTRA WEIGHT.</p>
<p>Dr. Olson Track 3 (3:20)</p>	<p>“THE ANALOGY THERE IS THE ROUND DOUGHNUT, AND THE HOLE IN THE MIDDLE IS THE THROAT. YOU WANT THAT HOLE TO BE AS BIG AS POSSIBLE. SO THE LESS DOUGHY YOU CAN KEEP THE DOUGH PART, THE BIGGER THE HOLE IS GOING TO BE THAT YOU ARE BREATHING THROUGH.”</p>
	<p>IF LIFESTYLE CHANGES DON'T HELP WITH SNORING, THERE ARE MOUTHPIECES YOU WEAR AT NIGHT THAT OPEN UP THE THROAT BY MOVING THE JAW FORWARD. SURGERY MAY ALSO BE AN OPTION.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN</p>

	WILLIAMS.