



# ENT Sleep Disorders and Surgery Program

The ENT Sleep Disorders and Surgery Program provides comprehensive surgical and non-surgical treatment of obstructive sleep apnea and snoring. Designed to give patients immediate access to specialized, tailored care, our program offers multidisciplinary management expertise, including pulmonology, oral-maxillofacial services, health wellness and weight management, and an on-site sleep laboratory.

Once diagnosed with a sleep disorder, our patients gain access to new and innovative medical therapies, devices and technology. Qualifying patients have the opportunity to participate in cutting-edge clinical trials of treatments that are not otherwise available.

## Sleep Apnea and Snoring

Snoring is a common condition with specific anatomic roots. Obstructed breathing is often the result of excessive throat tissue, a long soft palate, deformities of the nasal septum or other conditions. As each patient's case is different, consultation with an ENT is the best way to identify and treat the underlying causes of snoring. Snoring can also indicate sleep apnea, a serious condition that deprives the patient of adequate rest; if untreated, sleep apnea can lead to an increased risk of heart disease and other medical issues. Experienced affiliated otolaryngologists provide the precise diagnosis and management plan necessary to keep sleep disorders from affecting each patient's health and quality of life.

## Scope of Expertise

- Inferior turbinate reduction
- Modified uvulopalatalpharyngoplasty
- Nasal obstruction or blockage
- Obstructive sleep apnea
- Septoplasty
- Snoring

## Collaborative Treatment

For decades, Memorial Hermann has received international acclaim for its emphasis on integrative care. Our philosophy in the Sleep Disorders and Surgery Program is to directly address the connection between ENT conditions and other health issues in order to provide our patients with a comprehensive diagnosis and treatment plan. Carefully consulting each patient's referral sources, we work to achieve superior health outcomes.

(over)

**Meet the Sleep Disorders and Surgery Program Director**



**Michael Byrd, M.D.**

Assistant Professor, Department of Otorhinolaryngology-Head and Neck Surgery  
The University of Texas Health Science Center at Houston (UTHealth) Medical School

**Medical School:** Morehouse School of Medicine

**Internship:** General Surgery, Cleveland Clinic Foundation

**Residency:** Otolaryngology, Cleveland Clinic Foundation

**Specialty Interests:** Comprehensive care of adults, adolescents and pediatric disorders of the ears, nose and throat and related head and neck structures, and medical and surgical management of obstructive sleep apnea and snoring.

**ent4.me/BYRD**

**If you would like to receive our Internet-based newsletter on current issues in otorhinolaryngology, contact us at 713.486.5000 or visit [ut-ent.net](http://ut-ent.net).**

**To refer or schedule a patient, call us at 713.486.1120.**



6411 Fannin  
Houston, TX 77030

[memorialhermann.org](http://memorialhermann.org)  
713.222.CARE