Comprehensive Management of Snoring and Sleep Apnea
About the Program

The Mount Sinai Center for Comprehensive Management and Treatment of Obstructive Sleep Apnea (OSA) and Snoring is at the forefront of management of sleep disorders. Through collaboration of the Department of Otolaryngology/Head and Neck Surgery with the Department of Medicine’s Divisions of Pulmonary Medicine, Sleep Medicine, Neurology, as well as Endocrine/Nutrition, Oral/Maxillofacial Surgery, and the Department of Surgery’s Division of Bariatric Surgery, our program provides the collective expertise of a multidisciplinary approach necessary to address all conditions in sleep disordered breathing.

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Diagnostic Services

- Sleep Testing - Polysomnography (PSG)
- Comprehensive sleep disordered breathing evaluation
- Neurologic evaluation
- Office-based flexible fiberoptic airway evaluation
- Digital cephalometric skeletal evaluation and analysis
- 3D volumetric cone-beam tomography airway imaging

Medical Management

- CPAP management
- Behavioral management and CPAP counseling
- Sleep counseling for insomnia
- Neurological evaluation/management of sleep disorders (i.e. restless leg syndrome, central sleep apnea)
- Oral appliances
Surgical Treatments for Sleep Apnea

A variety of multi-level surgical procedures are provided at the Mount Sinai Center for Sleep Surgery. These procedures are performed based on the findings of the comprehensive sleep disorder evaluation by a fellowship-trained sleep surgeon.

The Mount Sinai Surgical Protocol

Stage I

i) Septoplasty & Inferior Turbinate Reduction
   Improvement of the nasal airway for improved breathing and decreased CPAP pressures

ii) Uvulopalatopharyngoplasty, Lateral Pharyngoplasty, Tonsillectomy
   Uvulopalatal flap technique to decrease pain and preserve tissue

iii) Base of Tongue Reduction
   Coblation – tissue ablation with minimal impact on speech and swallowing
   Transoral Robotic (TORS) Tongue Base Reduction (IRB approved) – improved visualization and operative flexibility maximizing patient safety and tissue reduction

Stage II

Geniotubercle Advancement
   Prevents tongue collapse via small segment bone advancement with genioglossus muscle

Maxillomandibular Advancement
   • Upper and lower jaw surgery for the physical enlargement of the airway
   • Most robust and proven therapy for moderate to severe sleep apnea patients that have failed other therapies (>90% reported success rate)
   • Preoperative surgical planning with advanced imaging system
   • Preoperative dental occlusion is maintained
   • Average 3 day post-operative hospital stay
   • The jaw is not wired closed in most cases
Treatments for Snoring
- Oral appliances – mandibular advancement devices for improved retroglossal airway
- Positional therapy
- Radiofrequency (RF) office treatments of the soft palate (somnoplasty)
- RF office treatment of the inferior turbinates to improve nasal breathing
- Surgical intervention with palatoplasty, pharyngoplasty, and/or uvulectomy

Weight Loss Programs
- Comprehensive weight loss management from our nutrition services
- Endocrinology evaluation/management
- Bariatric surgery consultation
- Physical Therapy evaluation

Research Interests
- Transoral Robotic Surgery for Sleep Apnea
- Sleep Apnea in patients undergoing Radiation therapy for Head and Neck Cancer
- Airway imaging and analysis with cone beam 3D technology.
FRED Y. LIN, MD joined the faculty of Mount Sinai School of Medicine in 2011 as Assistant Professor and Director of Sleep Surgery. A full scholarship recipient and cum laude graduate of the University of Louisville School of Medicine, he completed his residency in Otolaryngology–Head and Neck Surgery at the Mount Sinai Medical Center where he served as chief resident. Following residency, he completed a Fellowship in Sleep Surgery at the Stanford University Medical Center in conjunction with Dr. Robert Riley and Dr. Nelson Powell of the California Sleep Institute. A Diplomate of the American Board of Otolaryngology, Dr. Lin is an expert in all aspects related to the surgical treatment of sleep apnea and snoring with particular expertise in tongue base reductions and maxillofacial advancements. His clinical interests include general otolaryngology, allergy and rhinology, and sleep surgery.

MOUNT SINAI SLEEP SURGERY

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How to Refer
To refer a patient or to learn more, please call our practice at (212) 241-9410 or (212) 241-9405.

For more information, please visit us at www.mountsinai.org

Physician Access Services
Physician Access Services offers referring doctors and their patients effortless access to the Mount Sinai Medical Center.
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HEAD AND NECK SURGERY
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