



Over hundred people attended the Ghabga event hosted by Bahrain Airport Company (BAC) at Gulf Hotel. The guests were enchanted with a wide range of Ramadan delicacies.



Bahrain Polytechnic hosted a programme titled '8 Degrees of Difference' at their campus, where the third year Bachelor of Visual Design students exhibited their degree projects. The exhibition displayed the students' ability to use design to tell eight separate stories and to bring those stories together as a team.



The Muslim Tausug Association of Bahrain (MTAB) held its first Friday Iftar, which was attended by its officials and members. Prior to breaking the fast, a lecture was delivered by an Islamic scholar Shaikh Mujahid Abdurauf (second from right), at the residence of Shaikh Nabiyil Yusup (fourth from right) and Naida Yusup (standing, second from right) in Adliya.



On the occasion of the holy month of Ramadan, US Embassy Chargé d'Affaires Timothy Pounds hosted an Iftar party for youths at the Crowne Plaza Hotel Conference Centre yesterday. Around 200 people of different nationalities attended the event.



Nasal congestion? Breathing difficulty?

Deviated septum

A deviated septum is a condition in which the nasal septum, the bone and cartilage that divide the nasal cavity of the nose into half, is significantly off centre or crooked, making breathing difficult. Most people have some sort of imbalance in the size of their breathing passages. In fact, estimates indicate that 80 per cent of people, most unknowingly, have some sort of misalignment to their nasal septum. Only the more severe imbalances cause significant breathing problems and require treatment.

Causes of deviated septum

Some people are born with a deviated septum. Other people develop a deviated septum after injury or trauma to the nose.

Deviated septum symptoms

The most common symptom of a deviated septum is nasal congestion, with one side of the nose being more congested than the other, along with difficulty in breathing. Recurrent or repeated sinus infections can also be a sign of a deviated septum. Other symptoms include frequent:

- ▶ Nosebleeds
- ▶ Facial pain
- ▶ Headache
- ▶ Post-nasal drip
- ▶ Loud breathing and snoring during sleep

A deviated septum may also cause sleep apnea, a serious condition, in which a person stops breathing during sleep.

Deviated septum treatments

Sometimes symptoms of a deviated septum can be

relieved with medications. If medicine alone does not offer adequate relief, a surgical procedure called 'septoplasty' may be needed to repair a crooked septum and improve breathing.

Deviated septum surgery

During septoplasty, a surgeon, working through inner side of the nose, makes a small incision in the septum and then removes the excess bone or cartilage required to even out the breathing space of the nostrils.

Sometimes, a rhinoplasty or 'nose job' is combined with septoplasty to improve the appearance of the nose. This procedure is called septorhinoplasty. Septoplasty may also be combined with sinus surgery.

Surgery to repair a deviated septum is usually performed in an outpatient setting under local or general anaesthesia and takes about one to one-and-a-half hours, depending on the amount of work being done.

You can go home three to four hours after the surgery.

Internal splints or soft packing material may be put in the nose to stabilise the septum as it heals. If a septoplasty is the only procedure performed, there would be little to no swelling or bruising after the surgery. However, if a septorhinoplasty is performed, a week or two weeks of swelling and bruising is common following the procedure.

If possible, it is best to wait until after the nose has stopped growing, around age 15, to have surgery.

Newer procedures are becoming available that use balloon septoplasty techniques, which avoid actual surgery and are done in the



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office setting. These are being done for milder cases.

Is deviated septum surgery risky?

No surgery is completely risk-free and the benefits of undergoing surgery, in this case, being able to breathe better, must outweigh the risks. Septoplasty and septorhinoplasty are common and safe procedures; side effects are rare. Still, discuss with your doctor about the possible risks of surgery before you make a treatment decision.

Although rare, risks of septoplasty and/or rhinoplasty may include:

- ▶ Infection
- ▶ Bleeding
- ▶ Hole (perforation) of the septum
- ▶ Loss of the ability to smell

If you are having nasal symptoms and think you may have a deviated septum, make an appointment to see an ear, nose, and throat doctor or ENT. There are a number of reasons why you may be experiencing these symptoms, including chronic sinusitis or nasal allergies.

Make sure you get the right diagnosis so that you can get the treatment you need. Consult ENT.

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