



# Stop snoring and snooze with Eze

SNORING is a sure way to destroy a restful or romantic mood in the bedroom.

A quarter of adults are habitual snorers and not only is it annoying, it can also be downright dangerous, with snoring sometimes a sign of obstructive sleep apnoea.

Almost 5 per cent of Australians suffer from obstructive sleep apnoea, which involves a narrowing of the upper airway to the extent that breathing pauses and sleep is interrupted, sometimes hundreds of times a night.

Not getting a good rest, sufferers experience fatigue and a heightened risk of medical problems including heart attacks, strokes, hypertension and diabetes.

A laser treatment, Sleep Eze, is now available to target the cause of snoring and mild obstructive sleep apnoea, with more than 90 per cent and 70 per cent of sufferers, respectively, experiencing an improvement.

## WHAT IS THE SLEEP EZE TREATMENT?

The soft tissue in the back of the throat relaxes during sleep and can block the airway, resulting in snoring and a disrupted sleep.

"Snoring occurs when these structures strike each other and vibrate during breathing," explains Dr Buddy Paul Beaini, director of MD Cosmedical Solutions.

Sleep Eze uses laser technology to target the roof of the mouth and back of throat, heating the soft tissue and stimulating collagen production. "This, in turn, tightens soft tissue so it's not so loose and prone to vibration," Dr Buddy adds.

**"There is no pain - it feels like drinking a warm cup of tea. You can go straight to work afterwards."**

## HOW LONG DOES IT TAKE?

Treatment starts with a consultation to rule out other obvious causes of snoring, such as enlarged tonsils or adenoids.

Once established as eligible for the treatment (more than 90 per cent of snorers are), they attend three laser treatments over six weeks, each taking about 30 minutes.

"There is no pain - it feels like drinking a warm cup of tea," Dr Buddy says. "You can go straight to work afterwards."

## HOW LONG DOES IT LAST?

After the third treatment, Dr Buddy says the soft tissue gradually tightens and the outcome is long-lasting.

"Within three months after the first treatment, you should notice a defined change and improvement to your snoring and sleep apnoea," Dr Buddy says.

As tissue does soften with age, Dr Buddy recommends patients return every 12 to 18 months for single touch-up treatments.



Snoring can be a noisy and unhealthy nightmare, but Sleep Eze offers a pain-free solution.

## HOW DOES IT COMPARE TO OTHER TREATMENTS?

Some of the devices on the market aimed at reducing snoring can be inconvenient, uncomfortable and are temporary solutions.

"There's no other real permanent treatment," Dr Buddy says.

MD Cosmedical is offering an introductory rate of \$750 per Sleep Eze treatment during August (normally \$900) - a price Dr Buddy describes as a long-term investment in sleep quality. "If you don't treat it, snoring can get worse and develop into sleep apnoea," he says. "For people with sleep apnoea, any reduction in severity can make a significant difference."

## WHAT YOU NEED TO KNOW

**Who:** MD Cosmedical Solutions by Dr Buddy Paul Beaini MB BS (UNSW) DCH FACAM

**What:** Non-surgical aesthetic and plastic surgery treatments in cosmedical medicine

**Where:** Clinics in Sydney CBD (Sheraton on the Park Hotel); Wahroonga and Canberra.

**More:** [mdcosmedicalsolutions.com.au](http://mdcosmedicalsolutions.com.au) or 1300 885 808

# NEW Snoring Treatment

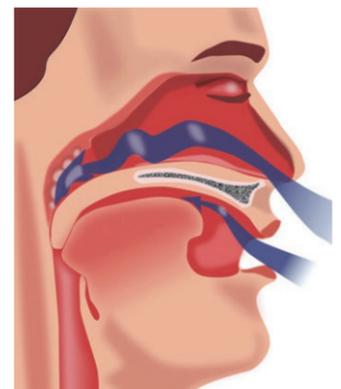


## SLEEP EZE TREATMENT

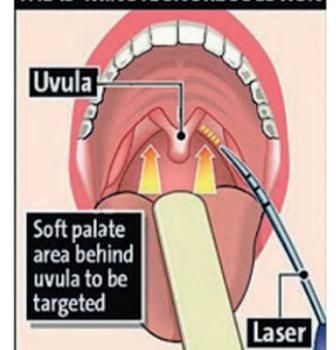
Snoring & Sleep Apnoea Laser Treatment

## Sleep Eze Snoring Laser

- Revolutionary New Laser Treatment
- Snoring and Sleep Apnoea Procedure
- Painless treatment with no downtime
- Only 3 sessions required over 6 weeks
- Fractional Erbium Medical Laser
- Long-term life changing results
- Procedure performed by Medical Team
- Now you can "Sleep with Eze"



## THE 15-MINUTE SNORE SOLUTION



MD Cosmedical Solutions - Cosmetic Surgery Clinics  
Australia's Award Winning and Leading Threadlift Facelift, Thermage and Fraxel Clinics

FREE CONSULTATIONS AND MEDICARE REBATES MAY APPLY

All treatments performed by Dr Buddy Beaini (MB, BS, DCH, Fellow ACAM) & his medical team

[www.mdcosmedicalsolutions.com.au](http://www.mdcosmedicalsolutions.com.au)

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